

## **Digestive Wellness Collected Bibliography from Editions 1 thru 5.**

*References for the 5<sup>th</sup> Edition are also found in the book.*

### **Forward by Mark Hyman, M.D.**

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## Chapter 5: The GI Microbiome: Our Symbiotic Relationship

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## Chapter 7: The GI Microbiome: Dysbiosis, a Good Neighborhood Gone Bad

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## **Part III Coming Back into Balance**

### **Chapter 13: Food Is Your Best Medicine**

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#### Chapter 14: Therapeutic Elimination Diets for GI Healing

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## Chapter 16: Balancing Stress on All Levels

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## **Part IV: Natural Therapies for Common Digestive Problems**

### **Chapter 18: The Mouth: Bad Breath/Halitosis, Cheilosis, Gingivitis and Periodontal Disease, Nutrients and Teeth, Mouth Ulcers/Canker Sores, Thrush, Tongue Problems, and Burning Tongue**

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## **Chapter 19: The Esophagus and Stomach: The Esophagus and Stomach: Belching, Barrett’s Esophagus, Eosinophilic Esophagitis, Dyspepsia, Gastritis, and Gastroparesis**

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## Chapter 20: The Liver: Fatty Liver Disease, Hepatitis, and Cirrhosis

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## Chapter 21: The Pancreas: Pancreatic Insufficiency, Pancreatitis, and Diabetes

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## Chapter 22: Gallstones, and Cholecystectomy

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### **Chapter 23: The Small Intestine: Flatulence/Gas, Celiac Disease, and Nonceliac Gluten Sensitivity**

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## **Chapter 24: The Colon or Large Intestine: Constipation, Diarrhea, Diverticular Disease, Irritable Bowel Syndrome, Inflammatory Bowel Disease, and Hemorrhoid**

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## **Part V: Natural Therapies for the Diverse Consequences of Faulty Digestion**

### **Chapter 25: Arthritis and Other Connective Tissue Disorders: Osteoarthritis, Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis, Scleroderma, and Sjögren's Syndrome**

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### Chapter 31: Migraine Headaches

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## Chapter 32: Mental Health: Depression, Anxiety, and Schizophrenia

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