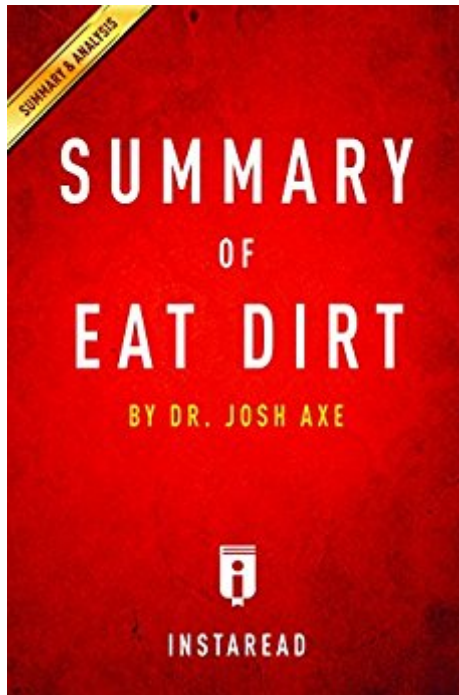


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# Summary Of Eat Dirt: By Dr. Josh Axe | Includes Analysis



## Synopsis

Â Eat Dirt by Dr. Josh Axe | Summary & AnalysisÂ Preview: Eat Dirt is a practical overview of Dr. Josh Axe's theory that repairing and preventing leaky gut is a crucial part of wellness. Leaky gut, also known as increased intestinal permeability, is a condition in which the intestinal lining becomes depleted or damaged, compromising its ability to function as the body's filtration system. Healthy intestinal walls are usually able to keep toxins and harmful bacteria from entering the bloodstream. When harmful substances such as gluten and sugar are allowed to enter the body and other toxins come along for the ride, the junctions of the gut's cell walls begin to loosen and grow increasingly permeable. As a result, the gut lining can no longer retain beneficial nutrients while stopping the bad bacteria and toxins. This condition is the root cause of many chronic and autoimmune diseases. However, many doctors overlook or outright dismiss leaky gut as a cause of illness....Â PLEASE NOTE: This is key takeaways and analysisÂ of the book and NOT the original book.Â Inside this Instaread Summary of Eat Dirt:Â Â Â Â Â Â Â Â Â Overview of the BookÂ Â Â Â Â Â Â Â Â Important PeopleÂ Â Â Â Â Â Â Â Â Key TakeawaysÂ Â Â Â Â Â Â Â Â Analysis of Key TakeawaysÂ About the AuthorWith Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

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## Customer Reviews

This is an overview of the actual book "Eat Dirt." Kind of like an abbreviated "Cliff's Notes" for the FULL book. It provides a potential reader enough information regarding the book's content to determine if we want to invest the extra money and time to actually buy and read the entire book. The author, Dr. Josh Axe, is a nutritionist who believes he has stumbled upon what may be a resolution for some who suffer from the medical ailment "IIP" (AKA - leaky-gut syndrome). While other doctors and clinics aren't so certain, To see if the book might be right for you, at .99 cents, this Instaread overview is a good value, and will help you to personally decide.

"Eat Dirt" is a practical overview of Dr. Josh Axe's theory that repairing and preventing leaky gut is a crucial part of wellness. Leaky gut, also known as increased intestinal permeability, is a condition in which the intestinal lining becomes depleted or damaged, compromising its ability to function as the body's filtration system. Honestly, the best cure for leaky gut is dispensing with unnecessary fear of germs and embracing healthy bacteria to reorient one's personal microbiome. This Instaread summary of Axe's book inspects the causes and solution to leaky gut in a condensed format. With only 8 key takeaways I was able to better understand what leaky gut is, how my lifestyle is creating it, how gluten and sugar affect my intestines, and what Eastern Medicine can do to treat it. This review was concise and informative and didn't detract from my busy life. I was given a copy of this book to provide an honest review.

The main idea presented here is that leaky gut (inappropriately increased permeability in the intestinal walls) is the root cause of many health issues today. The author here claims this is a major health problem in America today, caused largely by the American diet (too much sugar and gluten) and the American obsession with cleanliness and fear of germs. The five steps of the program are: Remove trigger foods from the diet. Reseed the gut with good dirt. Restore the gut with organic foods, raw dairy, bone broth, and fermented vegetables. Release stress. Reseal the gut with appropriate supplements. It further decries daily showers, dangerous chemicals in household cleaning products, and advocates looking to Eastern medicine for further guidance. This guide expands on that sufficiently to use it on its own. I like the point made that pregnant women who

interact regularly with pets have children who are significantly less likely to be burdened by allergies. I received a copy in exchange for an honest review.

I bought this book because I have difficulty finding time to read and saw the original book was quite lengthy. The title claims to be a summary of the original book. That is an understatement. I read this book in about 10 - 15 minutes. The information in the book is so general it is all but worthless. I guess I'll buy the original and somehow make time to read it.

I wish I had read the reviews first because I already have the book, I was hoping for some quick highlights. Just not what I had expected but I am sure great for those that don't already have the book. I do highly recommend the book and checking out the author's website...so much useful and helpful information.

The original book may be good but I will probably not know. I had no idea what an "Instaread" book was. There is no writing style. It is not even done as well as a magazine article on the same topic would be. I had watched Josh Axe being interviewed and thought this would be a quick way to get the nuts and bolts of his thinking. This approach was too shallow for me. I will not try an Instaread again.

This summary of *Eat Dirt* gives a quick overview of the original book that was written by Dr. Josh Axe and then lists and analyzes eight key takeaways that highlight the main points of the original book. The book discusses *leaky gut*, a condition where the intestinal lining becomes damaged and interferes with the body's filtration system. The author claims that gluten and sugar are to blame, and that leaky gut can be fixed through diet and lifestyle changes. I love books that discuss natural ways to cure diseases, and I would recommend this book to anyone struggling with this condition. I received a copy of this book in exchange for a review.

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