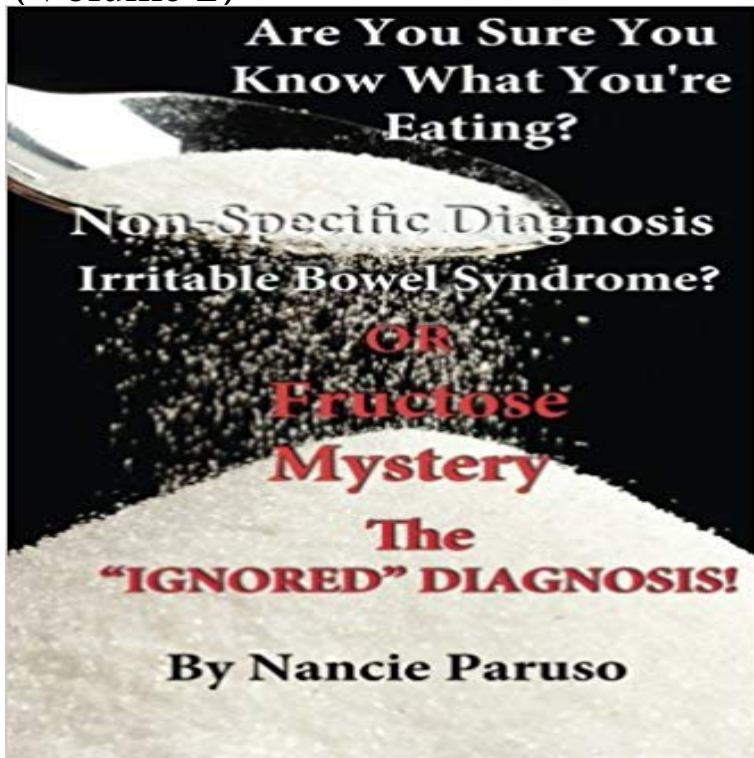


Are You Sure You Know What You're Eating? Non Descript Irritable Bowel Syndrome: Fructose Mystery The IGNORED DIAGNOSIS (1) (Volume 2)



I am not a professional writer, but I was well on my way to becoming a professional patient meaning that all of the drugs, ER visits, Doctor appointments and hospital admissions were treating my symptoms but no one was treating my illness. Had I continued down that path I may not be sitting here in my house writing down my story and sharing it with you today! As I mentioned above I am not a professional writer but the information I'm sharing with you is valid and very important to your health. It is supported by 4 respected research groups so I hope you will understand that my message is what is important and not my writing ability my lack of experience in writing which will soon come evident I will never be accused of being a wordsmith. To me it is not how I share the information but what I share that is important. This information will improve your health and for some even save your life. For 2 ½ years my symptoms were being treated, but a root cause was never completely explored. So all the money and the debt we accumulated during this time period never went to making me better the money was spent treating my symptoms. I'm writing in hope that no one else goes through what I did for 2 ½ years. This information was not readily available to me and I want to cut to the chase and provide you a condensed version of my 3,000 pages of research. Our Nation is at an all time high of obesity, yet, we drink diet beverages by the gallons and when we go shopping we pick up the products that say Zero Fat or Low Fat, or All Natural but, we keep gaining weight and in the end we have more health issues now than in the past start connecting the links as you read and you will soon come to the same conclusion I have. Do you often feel unpleasantly full after eating? Are you tired? Do you seem down in the dumps? Do you walk around in a bit of a haze? Does your stomach swell up more

than normal even after just a diet drink? This information will assist you in feeling better! Do you want to experience better health, mental health and decrease bloating while increasing your energy? If you answered yes to any these questions then you have found the right book! We all acknowledge that the world has evolved in many ways but, we must acknowledge that our bodies haven't kept up with our daily ever-growing technology. You and I were never meant to process an over-abundance of chemicals and genetically modified products. I am an individual like you who got fed up with living in a form of Hell and fought hard to regain my health. While you are reading I know I will be able to relate to this information on several levels, perhaps even say that you feel the same way I did and still do! This is my long road to identifying a health issue I was suffering from and totally unaware that it even existed. You will be glad you came along on my journey! There is a very large portion of our population that needs to read this information and I owe it to you to give you the guidance that I didn't have when I became ill. Please Note: It has taken me 16 months of researching, reading, browsing the web, in addition to personal conversations with specialists to bring to you this consolidated format. All sources are properly marked and acknowledged...as you go through My Story...Your Education! If I have helped one person I have succeeded! One of the simplest and most profound steps you can take for your health and weight is to limit your intake of sugar, including Fructose, HFCS, Corn Syrup and Grains, as this will have a cascade of beneficial effects. These sugars serve as fertilizer for pathogenic bacteria, yeast and fungi, which crowd out or your good bacteria and upset the delicate balance of your gut. Discuss this issue along with Leptin-resistance the next time you see your Doctor.

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