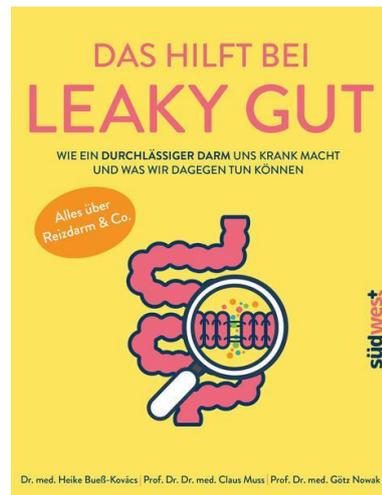


## Bringing your bowels back on track



Dr. med. Heike Bueß-Kovács, Prof. Dr. med. Claus Muss, Prof. Dr. med. Götz Nowak

### Leaky Gut

[Das hilft bei Leaky Gut - Wie ein durchlässiger Darm uns krank macht und was wir dagegen tun können. Alles über Reizdarm & Co.]

How a leaky gut can make us sick and what we can do about it

Südwest  
224 pages  
70 colour illustrations  
Format 16,2 x 21,5 cm  
May 2019  
With ca. 70 colour illustrations

**Dr. med. Heike Bueß-Kovács** is a doctor and medical journalist. She is a well-received TV health expert. Moreover, she is the author of numerous journal articles and guide books on health topics. Her focus lies on preventive, nutritional, and holistic medicine.

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With the so-called Leaky Gut syndrome the protective barrier function of the intestinal mucosa is no longer intact; the intestine becomes leaky. Thus, harmful substances can freely flow into the bloodstream and can have in parts fatal consequences for the organism. Many a disease like the irritable bowel syndrome, Crohn's disease, and digestive problems can be retraced to the Leaky Gut syndrome. Fortunately, the "permeable intestine" can be treated and healed.

This guide book clarifies the functioning of the intestine as well as presenting possible therapies. The included guide for an extensive intestinal repair shows how to bring the bowels back on track in a careful manner. The result: a healthy and intact intestinal mucosa.

- The only popular guide book on the topic of leaky gut
- Comprised special knowledge of three expert authors
- A permeable intestine is often the reason for chronic drowsiness, migraine, inflammations, autoimmune diseases, and many other complaints

doctor and pharmacologist.  
He developed his own  
plant-based therapy for the  
treatment of Leaky Gut  
syndrome.