



Digestive Wellness

By Elizabeth Lipski

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There is currently an epidemic of digestive illness in this country, an epidemic that can be traced to the foods we eat and the way we live. One-third to one-half of all adults suffer from some sort of digestive problem, and faulty digestion is directly responsible for a vast array of other ailments--everything from bad breath, ulcers, heartburn, and constipation to colitis, diverticulitis, and irritable bowel syndrome. Disorders that are caused indirectly by this problem include arthritis, chronic fatigue syndrome, fibromyalgia, and migraine headaches. In this well-researched, comprehensive book, noted nutritionist Elizabeth Lipski helps readers understand the complex interrelationships of the digestive process.

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Editorial Review

About the Author

Elizabeth Lipski, M.S., C.C.N., is a clinical nutritionist who has worked in the field of nutrition and holistic health since 1979. Currently in private practice, she is the author of the Keats Good Health Guide *Leaky Gut Syndrome*.

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