

Health/Fitness

## YOUR HEALTH DEPENDS ON THE BACTERIA IN YOUR GUT

### The Real Cause of Acid Reflux

The malabsorption of five difficult-to-digest carbohydrates leads to SIBO (Small Intestinal Bacterial Overgrowth) and intestinal gas pressure that can produce acid reflux—much like dropping Mentos™ into a bottle of Coke™.

### Clinically Proven Diet

A clinical study shows that the Fast Tract Diet System is a safe and effective alternative to proton pump inhibitor (PPI) drugs.

The easy to follow meal plans and recipes will help you restore the gut bacteria that you need for healthy digestion.

### Connecting the Dots with Other Conditions

A clear explanation of the connection between acid reflux and SIBO, asthma, irritable bowel syndrome, pneumonia, and other conditions.

### The Dark Side of Heartburn Drugs

Over 100 million prescriptions for proton pump inhibitor drugs were written last year. But the new FDA-mandated label warnings on their health risks don't go far enough. Risks include bone fractures, dangerously low blood magnesium levels, bacterial overgrowth, risk of *C diff* infection and pneumonia.



**Norm Robillard, Ph.D.**, the Founder of the Digestive Health Institute, is an author, microbiologist, and researcher who worked for major pharmaceutical companies for 20 years before discovering the power of diet in digestive health. Norm received his Ph.D. at the University of Massachusetts, Amherst and completed post-doctoral training at Tufts University.

\$24.99 USD



[www.FastTractDigestion.com](http://www.FastTractDigestion.com)

FAST TRACT DIGESTION

HEARTBURN

Norman Robillard, Ph.D.

THE FIRST BOOK TO ADDRESS  
THE REAL CAUSE OF ACID REFLUX

# FAST TRACT DIGESTION

## HEARTBURN

**Clinically  
Proven  
Solution**

A Revolutionary Diet System  
to Treat and Prevent Acid Reflux  
Without Drugs

**Norman Robillard, Ph.D.**  
Founder – Digestive Health Institute