

# ***HEALING DIGESTIVE ILLNESS***

## ***Root Causes and Solutions***

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**A STEP-BY-STEP  
INTESTINAL REGENERATION PROGRAM**

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**Russell Mariani**

“The complexities of healing digestive illness  
are made simple by this gifted writer.”

Richard J. Redding, MD

Russell Mariani's book, *Healing Digestive Illness*, spotlights the importance of a healthy functioning digestive system, its central role to health and well being, and how we choose to cooperate with or insult this dynamic healing system by the food and lifestyle choices we make. He carefully outlines a step-by-step journey to optimize the body's self healing process leading to total dietary freedom. Understanding this complex process is made simple by a gifted writer.

Richard J. Redding, MD

As a veteran women's health Nurse Practitioner, I've come to the conclusion that upwards of 50% of all pelvic pain is not a gynecological problem but a bowel problem. Russell Mariani has taken one of life's most important and yet still too often taboo subjects, our bowels, and turned it into an interesting, understandable, enjoyable, humorous, and very healing journey. Yeah for Russell for having the "guts" to write such a life-changing book!

Maxine Costa, APRN, MSN

Today, over 60 million people of all ages across America are suffering from Irritable Bowel Syndrome (IBS), the most common chronic medical condition, which is characterized by abdominal pain, bloating, and altered bowel habits. But because patients may find it difficult to discuss their bowel problems with their physicians, they often suffer in silence or even worse, they "learn to live with it."

Mark Pimentel, MD, author, *A New IBS Solution*



Photo:Clive J. Mealey

Learn to live with IBS? Suffer in silence? Been there, done that. You don't have to suffer the humiliation and discomfort of any digestive system disorder anymore. Just read my book, *Healing Digestive Illness* and let the self-healing begin. You provide the *why* and I will show you *how*. I healed myself from several digestive system disorders over 25 years ago and I have been helping others to heal themselves ever since. **I want you to be free to eat whatever you want to eat whenever you want to eat it.** Imagine that. Digest this book well and it will guide you safely every day for the rest of your life!

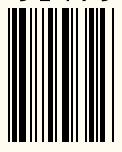
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