

# Stilton Literary Agency



## Intestinal Medicine

Original title: Tarmens medisin  
Publisher: Gyldendal Forlag 2018  
Non Fiction / Cookbook / Health/Lifestyle

With Berit's six-step method you can change your intestinal flora and benefit from significant health gains.

In her many years as a doctor, Berit Nordstrand has guided patients and families with children who have struggled with anxiety, concentration problems, ADHD and mental health issues. She has seen how an unbalanced stomach can affect both behaviour and the psyche, and how the condition improves when constipation or a sensitive bowel receives treatment.

## Berit Nordstrand

Berit is a physician specialized in clinical pharmacology and a cognitive therapist. She is the mother of six children ages 8 to 24 and has spent 24 years immersing herself in medical research on the relationship between food and health. Berit is known for her inspiring lectures and her infectious passion for the idea that everyone should get to enjoy the food they eat while also minimizing their risk of lifestyle diseases. Berit Nordstrand has sold approximately 150,000 books in Norway.

### Other titles

Pure Delight (2021)  
Reset30 (2020)  
A Healthier Life and a Slimmer Waist in Twelve Weeks (2014)