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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Summary and analysis based on Victor Pedre's Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain NOTE TO READERS: This is NOT Victor Pedre's original book, Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain. It is a companion book meant to enhance your original reading experience. We strongly encourage you to purchase Vincent Pedre's book here: <https://amzn.to/2lcplBN> Happy Gut delves into how to cleanse your gut of toxins from upsetting and unhealthy foods that are resulting in a leaky gut and inflammation in your midsection. Dr. Pedre discusses how eating lean, organic meats, and lots of fresh vegetables helped improve how he felt overall and lays out how it can work for you. Getting rid of processed foods and cooking meals at home can improve your energy levels and general well-being. First and foremost, conquering your unhappy gut involves understanding why your gut is performing below its optimal level. Part I covers how you got to where you are and how your gut was thrown out of balance. It talks about what foods are troublesome and why. Through the Gut C.A.R.E. Program's 28-day regimen, you can lose weight and eliminate food allergies and sensitivities from your diet without bothering to count calories. You'll have to avoid certain foods for an extended period of time but you will, in turn, feel awake and energized while losing weight. Part II is on the gut reboot system of the program that teaches you how to fix your unruly gut. Dr. Pedre gives you tips for success while on the program and answers many commonly asked questions. Part III explores how to reintroduce foods back into your diet that you removed...



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