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Listen To Your Gut IBD IBS Constipation Colon and

Listen to Your Gut (LYG) is a unique community that offers support and solutions for all the stages of your healing journey. LYG was created to be a special place where you can learn about your condition, illness, or symptom and find a natural holistic approach to freedom from disease and ill health.

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5 Tips to Help You Restore and Maintain Your Gut Health

Hi, Heather. If this is in regards to the Gut Health Kit, the 30-Day program is intended to reset your digestive and immune system, and if you re fairly healthy, then you can repeat the protocol about 2-3 times per year to maintain your results.

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