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Labelling a book about digestive health a page turner seems unlikely, but given what we now know about the positive role of prebiotics, probiotics and gut microbes in relation to our energy levels, immune system, metabolism and mental health, to name but a few areas enhanced by good gut health, it s high time we discovered how to maintain a flourishing digestive environment, so to speak.

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The Complete Gut Health Cookbook Pete Evans

The Complete Gut Health Cookbook Everything you need to know about the gut and how to improve yours With more and more research pointing to gut health as a leading factor in overall wellbeing, the way we eat has never been more important.

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Gut Health Chris Kresser

Research over the past two decades has revealed that gut health is critical to overall health, and that an unhealthy gut contributes to a wide range of diseases including diabetes, obesity, rheumatoid arthritis, autism spectrum disorder, depression and chronic fatigue syndrome. Chris New Book. The Paleo Cure.

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10 Signs You Have An Unhealthy Gut How To Heal It

I believe the gut is the gateway to health, and the first step I take with all of my patients regardless of their diagnosis is to heal the gut. I use a system called The 4R Program, which is a simple approach to repairing your gut and restoring your body s balance. 10 Signs You Have an Unhealthy Gut: 1. Digestive issues like bloating, gas

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Gut Health Ebook Nature's Sunshine Products

Immune and Cognitive Health Leaky gut syndrome occurs when an imbalance in the gut flora allows pathogenic microorganisms to flourish. When this happens, the gut lining breaks down, and this can eventually allow the gut wall to crack.

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The Heal Your Gut e Book is an informative, uncomplicated and achievable gut healing protocol which will inspire, motivate and bring about true healing to the body. The book also connects with the emotional, stress and brain related aspects of gut health.

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