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Clean Gut. By Alejandro Junger, MD Harper Collins (2013) Reviewed by Holly R. Layer, RD. Clean Gut part memoir, part diet, and part theory offers mind and body healing by starting with the gut.

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Clean Gut Alejandro Junger E book HarperCollins US

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Clean Gut by Alejandro Junger MD 2013 What to Chewfo

I am doing the clean gut diet at the present moment, and I have one question the book said that we should eat 5 time a day but I don t see what are the other food we can eat, the book only mention shakes lunch dinner but no shacks.

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In Clean Gut, Alejandro Junger, M.D, New York Times bestselling author of Clean and creator of the world-famous Clean Program, delivers a complete toolkit for reversing disease and sustaining life-long health. All of today's most-diagnosed ailments can be traced back to an injured and irritated gut.

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