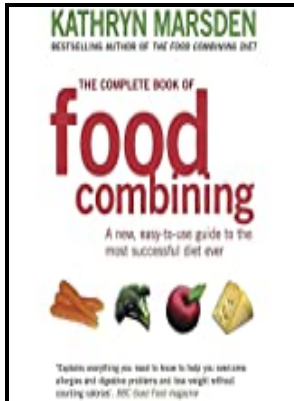


# Good gut healing - the no-nonsense guide to bowel & digestive disorders

Piatkus - Good Gut Healing: The no



Description: -

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Intestines -- Care and hygiene -- Popular works.

Digestive organs -- Diseases -- Popular works.

Intestines -- Diseases -- Popular works.

Digestive system -- Care and hygiene -- Popular works. Good gut healing - the no-nonsense guide to bowel & digestive disorders

- Good gut healing - the no-nonsense guide to bowel & digestive disorders

Notes: Includes bibliography: p329-335. - and index.

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## Good Gut Healing by Kathryn Marsden, Paperback

Many vegetables are also high in fibre, which is an important factor in managing gut inflammation. If you suffer from allergies or certain types of intolerance, including fibrous foods in your diet could cause gas, and discomfort, so check with your healthcare professional before you start munching on the high-fibre options. Despite having read many similar books I feel inspired to make improvements to my diet that I have been putting off or trying to ignore! Oh yes, and - a history lover's heaven and bookworm's paradise! Aside from being a good source of protein and fiber, it's rich in probiotics meaning it can help treat intestinal disorders.

## GOOD GUT HEALING

What did I love best about the Emerald Isle? Not only is kombucha the most natural way to get a buzz, but it's also probiotic-packed—meaning it's good for your gut—since it's made from the fermentation of sugar in tea by bacteria yeasts. This includes MSG and emulsifying agents found in ice-cream, salad dressing and other packaged foods. With the information I found in this book I was able to understand how very simple imbalances can cause chronic problems.

## Good Gut Healing: The no

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## Good Gut Healing: The No

You really are what you eat and small changes can make a huge difference! While not all diseases originate in the gut as Hippocrates believed such as genetic diseases for example the significance of his belief has grown with our improved understanding of many chronic conditions originating in the gut and linked with chronic inflammation — from digestive disorders, metabolic diseases such as obesity and diabetes, to asthma, allergies and auto-immune diseases — and even mental health problems.

## 20 Best Foods for Gut Health

I had no idea that this saliva digestion is useless for meat and that the only aid you can give it is to break down the chunks with your teeth or that the saliva secretion triggers the rest of your digestive track to get set for a feast. It covers the many common - but rarely addressed - ailments that can affect the digestive system and bowel and suggests dozens of natural ways to tackle the symptoms and ease discomfort.

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