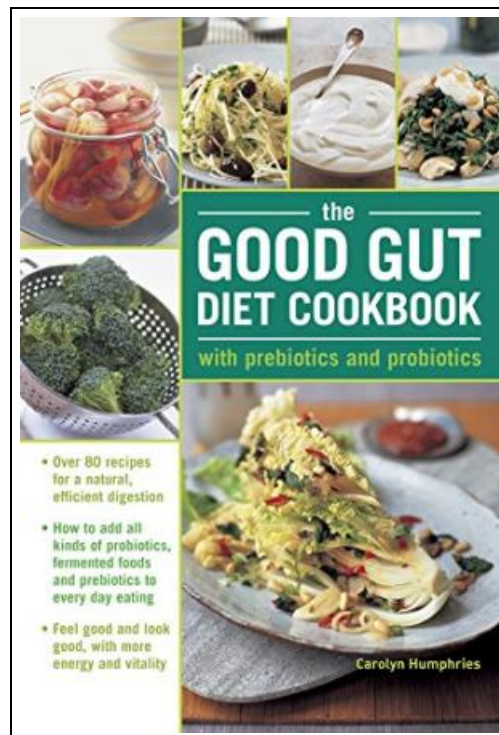


The Healthy Gut Bacteria Cookbook: Using Prebiotics and Probiotics for a Naturally Efficient Digestive System



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Reviews

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

(Rachel Stiedemann)

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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Healthy Gut Bacteria Cookbook: Using Prebiotics and Probiotics for a Naturally Efficient Digestive System, Carolyn Humphries, This book focuses on eating certain foods as part of a normal, healthy diet, to help improve the digestive system. Eating higher levels of fibre, naturally fermented foods and those that contain probiotics or prebiotics means that good bacteria is encouraged to grow in the gut, leading to waste products being eliminated more efficiently. With a helpful and clearly explained introduction setting out what foods should be eaten and how to add quick-fix pre- and probiotic foods to your meals, the book also offers a two-week eating plan and over 100 ideas and recipes for dishes that are packed with the right foods to balance your diet.



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