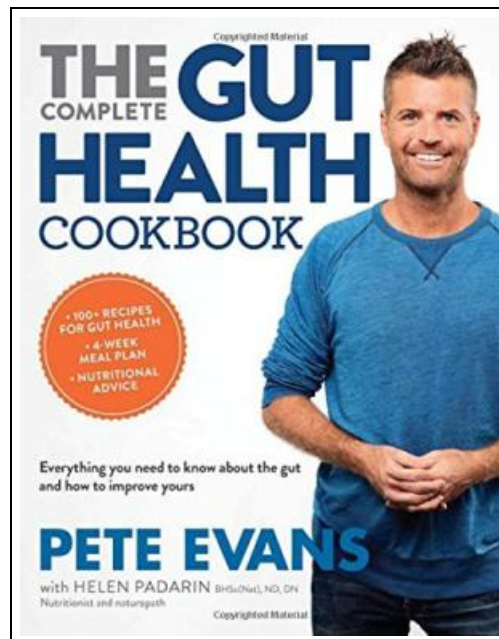# The Complete Gut Health Cookbook: Everything You Need to Know about the Gut and How to Improve Yours (Paperback)

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Reviews

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(Dr. Reta Murphy)

THE COMPLETE GUT HEALTH COOKBOOK: EVERYTHING YOU NEED TO KNOW ABOUT THE GUT AND HOW TO IMPROVE YOURS (PAPERBACK)

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Weldon Owen, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. 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. The Complete Gut Health Cookbook is your all-inclusive, 6-step guide for getting your gut right--complete with 100+ recipes for gut health and a 4-week meal plan. This gut check is brought to you by award-winning Chef Pete Evans, and trusted nutritionist Helen Padarin. As the title suggests, this book is all about good gut health and how to achieve it, following the simple but powerful premise that wellness stems from a balanced digestive system. But while you're adhering to healthy cooking standards, you're not sacrificing flavor with any of these great-tasting dishes. DELICIOUS RECIPES INCLUDE Miso soup with chicken meatballs Summer kraut with pineapple and mint Shrimp cocktail with kimchi Lamb burger and lettuce wraps Roasted pumpkin, cashew cheese, and pomegranate salad Cinnamon ice cream Lavender panna cotta *Many recipes include AIP (Auto Immune Paleo) alternatives Featuring basic information on the digestion process, a nutritional guide to healing your gut, the star ingredients for gut health, a 4-week meal plan, and more than 100 delicious new recipes, this definitive guide is a must for every health-conscious cook.

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