

Online PDF Total Gut Balance Fix Your Mycobiome Fast For Complete Digestive Wellness

Total Gut Balance Fix Your Mycobiome Fast For Complete Digestive Wellness

The Anti-Anxiety Diet
The TB12 Method
The Whole Brain
The Paleo Cure
The Gut Healing Protocol
Heal Your Oral Microbiome
8 Weeks to Optimum Health
Clean Gut
The Candida Cure
Healthy, Total Gut Balance
The Complete Gut Health Cookbook
Probiotics
Total Gut Balance: Fix Your Mycobiome Fast for Complete Digestive Wellness
Eat Fat, Get Thin
The Microbiome Cookbook
The Thyroid Reset Diet
The Wahls Protocol
Cooking for Life
Good Bacteria for Healthy Skin
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Reset The Gut Microbiome: Exploring the Connection between Microbes, Diet, and Health
Fiber Fueled
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Gut Crisis
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Healthy Gut, Healthy You
Eat Dirt
Happy Gut
The Gut Balance Revolution
The Well-Fed Microbiome Cookbook
The UltraMind Solution
The Microbiome Diet
Colonic Motility
The Gut Makeover
The Microbiome Solution
The Autoimmune Solution
The 2 Meal Day
The UltraSimple Diet
Fix Your Gut
Perfect Digestive Health

The Anti-Anxiety Diet

Packed with easy-to-follow advice, the latest science and accessible and nourishing recipes and meal plans, nutritionist Jeannette Hyde's radical new approach will help you:

- Lose weight with a tried and tested four week plan
- Transform the look of your skin and hair
- Address any long-standing digestive problems including bloating and IBS
- Strengthen your immune system
- Experience fewer mood swings

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and less anxiety · Sleep better · Eat for a healthy mind and body with over 50 delicious recipes The Gut Makeover is based on revolutionary new science that reveals that the state of our gut is central to our weight and health. Learn how to rebuild your microbiome – the bacteria living in the human gut – which is the key to every single aspect of our health. The great news is there is a lot you can do to cultivate a healthy gut. The Gut Makeover is the only book you'll need for a whole health overhaul – to control your weight, improve your skin, lift your spirits and strengthen your immune system for good. This is more than another fad diet. This is a lifestyle you'll want to adopt for life.

The TB12 Method

Eat Meals that Calm Your Thoughts and Stop Anxiety for Good! Your diet plays a dynamic role on mood, emotions and brain-signaling pathways. Since brain chemistry is complicated, The Anti-Anxiety Diet breaks down exactly what you need to know and how to achieve positive results. Integrative dietitian and food-as-medicine guru Ali Miller applies science-based functional medicine to create a system that addresses anxiety while applying a ketogenic low-carb approach. By adopting The Anti-Anxiety Diet, you will reduce inflammation, repair gut integrity and provide your body with necessary nutrients in abundance. This plan balances your hormones and stress chemicals to help you feel even-keeled and relaxed. The book provides quizzes as well as advanced lab and supplement recommendations to help you discover and address the root causes of your body's imbalances. The Anti-Anxiety Diet's healthy approach supports your brain signaling while satiating cravings. And it features 50 delicious recipes, including: – Sweet Potato Avocado Toast – Zesty Creamy Carrot Soup – Chai Panna Cotta – Matcha Green Smoothie – Carnitas Burrito Bowl – Curry Roasted Cauliflower – Seaweed Turkey

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Roll-Ups □ Greek Deviled Eggs

The Whole Brain

THE REVOLUTIONARY APPROACH THAT FIXES YOUR DIGESTION BY UNLEASHING NATURE'S TINY BUT POWERFUL ORGANISM The gastrointestinal microbiota comprises hundreds of trillions of bacteria, viruses and fungal organisms that inhabit your intestines and live symbiotically with you. When the microbiome is disrupted, a cascade of complications can ensue, including allergies and food sensitivities, mental health problems, weight gain, irritable bowel syndrome and autoimmune diseases. The Microbiome Cookbook provides you with the information and recipes to support a flourishing gut population. Follow the program in this book and you will gain the many benefits of having a healthy microbiome to naturally: □ Improve digestion □ Neutralize toxins □ Quell inflammation □ Support immunity □ Boost metabolism

The Paleo Cure

Over 90 percent of the population suffers from inflammation or an autoimmune disorder. Until now, conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But it doesn't have to be this way. In *The Autoimmune Solution*, Dr. Amy Myers, a renowned leader in functional medicine, offers her medically

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proven approach to prevent a wide range of inflammatory-related symptoms and diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis.

The Gut Healing Protocol

Foreword by David Perlmutter, MD, author of Grain Brain The cult-classic health book, now revised and updated with a quick start cleanse, easy recipes, and more. It's not news that Americans are sicker than ever. Seventy million of us suffer from digestive problems like acid reflux, irritable bowel syndrome (IBS), or gastro esophageal reflux disorder (GERD). Another forty million have been diagnosed with anxiety and/or depression and a staggering fifty million Americans live with an autoimmune disease. But what is newsworthy is that all of these conditions share a common thread you've probably never heard of: candida. "Candida" is the term for a group of yeast organisms that have lived in our digestive tract for millennia, in harmony with the other thousands of bacteria, viruses, and archaea that make up our microbiome. But due to poor diets, processed foods, overuse of antibiotics, environmental toxins, and increased stress, our microbiome has been under steady and constant attack for decades. Yeast are of a heartier stock than bacterial microbes, and as bacteria die off, yeast begins to overgrow in the digestive tract, a condition known as candidiasis. Mild and moderate cases of candidiasis present with fatigue, IBS, eczema, depression, brain fog, migraines, and weight gain. Severe cases allow the afflicted to develop autoimmune disease (such as Multiple Sclerosis), cancer, and Alzheimer's. Ann Borocho's self-published book, The Candida Cure, has been the #1 resource in candida treatment since 2008. Her program—which she used to heal herself from a life-threatening autoimmune

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disorder has stood the test of time, and has become a life-changing resource for more than 65,000 people. Now, in this revised edition, readers have even more tools, with updated information and case histories, a quick start cleanse, and all-new recipes and eating plans.

Heal Your Oral Microbiome

Keys to unlock the gateway to health, starting with your digestion. Years of research on the most cutting-edge gut interventions like probiotics, prebiotics, and herbal/mineral supplementation, combined with data and observation from regular consultation on digestive ailments, have culminated in this 3rd Edition of the definitive guide to your gut health, *Fix Your Gut*. Find out the real causes of surface-level digestive disturbances like acid reflux, heartburn, excessive burping/indigestion, and even the occasional gas. Benefit from the holistic results of your new and improved digestion. There is an average of 70 million Americans diagnosed with digestive disorders every year. More and more Americans are rushing to their doctors to treat conditions like heartburn, gas, GERD, SIBO, IBS, ulcerative colitis, and Crohn's disease. In our modern world, more digestive diseases and problems are being discovered than ever before. The most concerning aspect in light of this onslaught of illnesses is that science and natural medicine are already way ahead of the curve in relieving them, yet patients are not being given answers. When digestion tanks, most people turn to conventional medicine, which is great for emergency procedures and life-threatening conditions, but often doesn't offer what is needed for the prevention and treatment of disease. In everyone's medical treatment, there are benefits from a balance of natural and conventional medicine. Individuals deserve to be given the information required to make their own decisions, not only in treatment options for problems that might arise, but in the development of a

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healthy overall lifestyle. This book gives you the best interventions to improve your gut health, including how to change your diet to optimize your digestive system and enhance total body function. An ideal digestive system eliminates toxins, governs the immune system, absorbs nutrients, provides peak mental health, and ultimately makes it possible to get the most out of life. This is the only guide that examines all available treatments for hacking and maximizing your microbiome, down to each species of probiotic bacteria and every molecule of prebiotic fiber that might be utilized. Probiotics, prebiotics, herbal remedies, diet and lifestyle changes, and even pharmaceutical drugs are held under the microscope to help determine a gut-healing protocol that's right for your specific goals. We are all individuals with different genetics, microbiomes, and allergies, so every contingency is accounted for in the diverging paths of healing provided within this guide. In his definitive work, John Brisson explores and explains everything you need to know about digestive health. Fix Your Gut covers (and helps you discover):

- How Your Digestive System Really Works
- Tips to Improve Digestive Health
- Probiotic Guide and Information (All Different Flora and Their Uses)
- Supplement Brand Recommendations (Quality Matters)
- Buying Supplements Online and Locally
- Protocols for Most Digestive Diseases (GERD, LERD, SIBO, Gastritis, Gastroparesis, IBS, IBD, Esophageal Motility Disorders)
- Protocols for Colon Cleansing and Parasite Elimination
- Protocols for Constipation, Diarrhea, and Food Poisoning
- Protocols to treat Candida, H. pylori, and C. diff Infections
- The True Cause of Ulcerative Colitis and Crohn's Disease
- Information on Different Diets and How They Affect Your Digestive Health
- Gastrointestinal Cancer General Information and Alternative Treatments
- Information on Antibiotics and Medicines Used to Treat Digestive Diseases
- Information on Digestive Diagnostic Procedures

It's time to take back your digestive health! www.fixyourgut.com

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8 Weeks to Optimum Health

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, *The TB12 Method* provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

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Clean Gut

A groundbreaking guide to your gut Most people understand the importance of a healthy gut microbiome for digestive health and overall wellbeing. But what about the mycobiome—the fungi that live inside our bodies? Here, Dr. Mahmoud Ghannoum introduces this important component of the microbiome and explains how diet affects this population and how its balance or imbalance can cause you to feel—a poor balance of fungi can lead to weight gain, pain and bloating, and low energy, and can worsen symptoms for those with IBS or Crohn’s. Good news: Gut fungi respond quickly and dramatically to dietary and lifestyle changes. Within 24 hours, you can remake your mycobiome, supporting a path to weight loss, better digestion, and more energy. Alongside this accessible gut science, Ghannoum outlines fast changes for fostering healthy fungi as well as 7- and 20-day diet plans, with more than 50 dietician-tested recipes, to cultivate a thriving mycobiome and methods for tweaking your lifestyle for long-term gut health.

The Candida Cure

A surprising new plan to reverse the symptoms of thyroid disease by reducing excess dietary iodine, from integrative physician and New York Times bestselling author Dr. Alan Christianson. "The most innovative treatment plan around."--JJ Virgin, New York Times bestselling author, celebrity nutrition expert, and Fitness Hall of Famer Though the thyroid gland is small, it produces hormones that control the rate of nearly every chemical reaction in the body--turning food into energy, controlling the rate of

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tissue growth, stimulating the activity of other hormones, and much more. An estimated twenty million Americans have some form of thyroid disease, and up to 60 percent of them are unaware of their condition. Depending on the type and severity of the thyroid disease, symptoms can range from weight gain and fatigue to hair thinning and memory loss. In *The Thyroid Reset Diet*, Dr. Alan Christianson helps readers reverse chronic thyroid diseases like hypothyroidism and Hashimoto's Thyroiditis with nothing more than dietary change: the reduction of iodine intake. Backed by new research showing that proper dietary iodine intake can start to reverse thyroid disease in as little as four weeks, his diet plan contains the optimal amount of iron and dietary iodine to control thyroid hormones, effectively resetting the thyroid. Instead of following a restrictive diet for thyroid health, *The Thyroid Reset Diet* does not require eliminating any food category. Instead, Dr. Christianson recommends food swaps like brown rice instead of processed bread to regulate iodine intake. He shares the latest on supplements and other thyroid health strategies, along with more than sixty-five recipes, weekly meal plans, and maintenance info. His cutting-edge research and clear results, coupled with an easy-to-follow diet plan, will help anyone struggling with thyroid disease.

Healthy, Total Gut Balance

The cookbook companion to the groundbreaking *The Wahls Protocol*, featuring delicious, nutritionally dense recipes tailored to each level of the Wahls Paleo Diet. *The Wahls Protocol* has become a sensation, transforming the lives of people who suffer from autoimmune disorders. Now, in her highly anticipated follow-up, Dr. Wahls is sharing the essential Paleo-inspired recipes her readers need to reduce and often eliminate their chronic pain, fatigue, brain fog, and other symptoms related to

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autoimmune problems, neurological diseases, and other chronic conditions, even when physicians have been unable to make a specific diagnosis. Packed with easy-to-prepare meals based on Dr. Wahls's pioneering therapeutic lifestyle clinic and her clinical research, in a simple format readers can customize to their own needs and preferences, this cookbook features breakfasts, smoothies, skillet meals, soups, wraps, salads, and snacks that are inexpensive to prepare, nourishing, and delicious. With strategies for cooking on a budget, reducing food waste, celebrating the holidays without compromising health, and helpful tips from fellow Wahls Warriors, *The Wahls Protocol Cooking for Life* will empower readers to make lasting changes and finally reclaim their health. From the Trade Paperback edition.

The Complete Gut Health Cookbook

A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, *Eat Fat, Get Thin* is the cutting edge way to lose weight, prevent disease, and feel your best.

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Probiotics

Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop *The Gut C.A.R.E. Program*—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre’s program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

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Total Gut Balance: Fix Your Mycobiome Fast for Complete Digestive Wellness

Doctor of Natural Medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome. Do you have a leaky gut? For 80% of the population the answer is "yes" and most people don't even realize it. Leaky gut syndrome is the root cause of a litany of ailments, including: chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis. To keep us in good health, our gut relies on maintaining a symbiotic relationship with trillions of microorganisms that live in our digestive tract. When our digestive system is out of whack, serious health problems can manifest and our intestinal walls can develop microscopic holes, allowing undigested food particles, bacteria, and toxins to seep into the bloodstream. This condition is known as leaky gut syndrome. In *Eat Dirt*, Dr. Josh Axe explains that what we regard as modern "improvements" to our food supply—including refrigeration, sanitation, and modified grains—have damaged our intestinal health. In fact, the same organisms in soil that allow plants and animals to flourish are the ones we need for gut health. In *Eat Dirt*, Dr. Axe explains that it's essential to get a little "dirty" in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil. Because leaky gut manifests differently in every individual, Dr. Axe also identifies the five main "gut types" and offers customizable plans—including diet, supplement, and lifestyle recommendations—to dramatically improve gut health in just thirty days. With a simple diet plan, recipes, and practical advice, *Eat Dirt* will help readers restore gut health and eliminate leaky gut for good.

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Eat Fat, Get Thin

Three distinct types of contractions perform colonic motility functions. Rhythmic phasic contractions (RPCs) cause slow net distal propulsion with extensive mixing/turning over. Infrequently occurring giant migrating contractions (GMCs) produce mass movements. Tonic contractions aid RPCs in their motor function. The spatiotemporal patterns of these contractions differ markedly. The amplitude and distance of propagation of a GMC are several-fold larger than those of an RPC. The enteric neurons and smooth muscle cells are the core regulators of all three types of contractions. The regulation of contractions by these mechanisms is modifiable by extrinsic factors: CNS, autonomic neurons, hormones, inflammatory mediators, and stress mediators. Only the GMCs produce descending inhibition, which accommodates the large bolus being propelled without increasing muscle tone. The strong compression of the colon wall generates afferent signals that are below nociceptive threshold in healthy subjects. However, these signals become nociceptive; if the amplitudes of GMCs increase, afferent nerves become hypersensitive, or descending inhibition is impaired. The GMCs also provide the force for rapid propulsion of feces and descending inhibition to relax the internal anal sphincter during defecation. The dysregulation of GMCs is a major factor in colonic motility disorders: irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and diverticular disease (DD). Frequent mass movements by GMCs cause diarrhea in diarrhea predominant IBS, IBD, and DD, while a decrease in the frequency of GMCs causes constipation. The GMCs generate the afferent signals for intermittent short-lived episodes of abdominal cramping in these disorders. Epigenetic dysregulation due to adverse events in early life is one of the major factors in generating the symptoms of IBS in adulthood.

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The Microbiome Cookbook

A groundbreaking, medication-free, scientifically based approach to healing depression, anxiety, and brain fog by focusing on your "whole brain"--the brain, the gut, the microbiome, and the thyroid There is a fundamental connection between the brain, the gut, the microbiome, and the thyroid: if any one part of this "whole brain" system is malfunctioning, it will impact the others. Taking care of your whole brain is the basis of Dr. Kellman's revolutionary approach to curing depression and other mood problems--without medication. Based on Dr. Kellman's decades of experience as a physician and his ongoing study of the latest science, the book offers a lively, accessible explanation of how the brain works and why, for optimal brain health, you need to heal the microbiome, the gut, and the thyroid. With a proprietary three-week plan (21 days of meal plans, featuring 50 original and simple recipes; a complete exercise program; and a program of daily meditations and affirmations). The Whole Brain program offers drug-free relief to anyone suffering depression, anxiety, and other mood disorders, as well as those who just want to feel better.

The Thyroid Reset Diet

Now expanded and updated—the #1 New York Times bestselling book in which one of America's most brilliant doctors shares his famous program for improving and protecting your health Eight Weeks to Optimum Health lays out Dr. Andrew Weil's famous week-by-week, step-by-step plan that will keep your body's natural healing system in peak working order. It covers diet, exercise, lifestyle, stress, and

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environment—all aspects of daily living that affect health and well-being. This revised edition includes the most up-to-date findings on such vital subjects as cholesterol, antioxidants, trans fats, toxic residues in the food supply, soy products, and vitamins and supplements, together with a greatly enhanced source list of information and supplies. Inside you will learn how to • develop eating habits for greater health and well-being • start an effective exercise program based on walking and stretching • work with breathing patterns to decrease stress and improve energy • solve sleeping problems • eliminate toxins from your diet • minimize environmental hazards in your daily life Plus—programs tailored to the specific needs of pregnant women, senior citizens, overweight people, and those at risk for cancer. •If there is a heaven, sixtysomething Weil is headed there, but if he practices what he preaches, probably not for some time yet. • London Times •Dr. Andrew Weil is an extraordinary phenomenon. • The Washington Post

The Wahls Protocol Cooking for Life

A healthier microbiome begins by changing your diet and your lifestyle Cultivating a healthy gut is the key to better overall health and well-being. The Microbiome Diet Reset will get you on the right path with easy, affordable recipes you can make in minutes as well as practical recommendations to rehabilitate and maintain a well-balanced microbiome. From sour 'n' spicy Kimchi to hearty Four Bean Chili, this combined cookbook and meal plan delivers everything you need to kick-start a bacteria-friendly microbiome diet. You'll boost your metabolism and your immune system while enjoying more fresh vegetables, fermented foods, beans, and whole grains. Reset with this microbiome diet--your gut will love you for it! The Microbiome Diet Reset features: Restorative recipes--Discover dozens of delicious prebiotic-packed and probiotic-friendly microbiome diet options. Meal planning--Explore two

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weekly menus, including one for regular eaters and one that's FODMAP-friendly for those with sensitive stomachs. Essential extras--Get a brief overview of your microbiome, time-saving tips and tricks, sample shopping lists, and more. Boost immunity and improve digestion with The Microbiome Diet Reset.

Good Bacteria for Healthy Skin

Probiotic has been used for centuries especially in fermented dairy products since Metchnikoff associated the intake of fermented milk with prolonged life. Probiotics confer many health benefits to humans, animals, and plants when administered in proper amounts. These benefits include the prevention of gastrointestinal infections and antibiotic-associated diarrhea, the reduction of serum cholesterol and allergenic and atopic complaints, and the protection of the immune system. Furthermore, the proper usage of probiotics could suppress *Helicobacter pylori* infection and Crohn's disease, improve inflammatory bowel disease, and prevent cancer. In this book, we present specialists with experience in the field of probiotics exploring their current knowledge and their future prospects.

The Microbiome Diet Reset

PERFECT DIGESTION IS THE FOUNDATION OF GOOD HEALTH This book shares the most important facts on how to achieve perfect digestive health. It will show you how to make positive diet and lifestyle changes that will help to nourish and support your digestive system. The inspiration for this book stems from my own personal journey and the hundreds of emails I receive from people on their

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personal quest for better digestive health. It began as a simple eating plan but evolved to something much greater as digestion is far from simple. As I've grown, I have got to know my body inside and out. I know what nurtures it and what irritates it. It's taken a lifetime to explore my constitution of health and the many possibilities that exist to help my body function and heal. Perfect Digestive Health includes a 14 day eating plan Healing recipes to support digestion The best foods to eat and what to avoid The best supplements and lifestyle factors and much more. I believe that food is most healing when it is close to it's original state and has the properties to heal and nourish. The Healthy Chef philosophy is a realistic and sensible approach to healthy eating that will last a lifetime. Enjoy the journey of healthy eating with balance, wisdom and moderation. Love Teresa x

The Gut Microbiome: Exploring the Connection between Microbes, Diet, and Health

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. The gut is an intricate and powerful system, naturally designed to protect and heal the body every moment of every day And yet for far too many of us, this remarkable system is in disrepair, which leads to all kinds of health problems—from extra pounds, aches and pains, allergies, mood swings, and lack of libido, to heart disease, cancer, autoimmune disorders, insomnia, and depression. But we no longer have to be sick to get healthy. In this groundbreaking program, Alejandro Junger, M.D. explains how instead of treating the symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of health, you will benefit from this program: *Clean Gut* will help you put an end to

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everyday ailments, reverse chronic disease, and achieve true, long-lasting health.

Fiber Fueled

The Gut Health Protocol outlines innovative and natural approaches to tackling many stomach and intestinal health issues. These approaches only use scientifically studied natural herbs, supplements and diet. The book contains over 1,200 published scientific studies, summarized and explained in easy to understand language.

The Gut Health Protocol

The groundbreaking program that connects the microbiome and gut health to healthy weight loss, complete with a 3-phase plan and recipes Cutting-edge science has shown that the microbiome is the key to overall mental and physical health--and the secret behind healthy, sustainable weight loss. Drawing on nearly two decades of experience as a specialist in functional medicine and intestinal health, Dr. Raphael Kellman has developed the first diet based on these scientific breakthroughs. Offering a proven program to heal your gut and reset your metabolism, along with meal plans and 50 delicious chef-created recipes, The Microbiome Diet is the key to safe, sustainable weight loss and a lifetime of good health. "Dr. Kellman masterfully presents a life enhancing, actionable plan based on this emerging science in a way that is user-friendly, for all of us." --Dr. David Perlmutter, New York Times bestselling author of Grain Brain

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The Good Gut

"Kristina Campbell has created an easy-to-follow roadmap that translates the exciting science on the microbiota into an actionable path to improve the state of your gut."--Justin Sonnenburg, PhD & Erica Sonnenberg, PhD, best-selling authors of *The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-term Health* If our digestive systems could talk, it's likely that many of them would say, "help!" GI discomfort and weight gain occur when the hardworking microbes in the gut just aren't getting what they need. In *The Well-Fed Microbiome Cookbook*, respected science writer and expert, Kristina Campbell, delivers creative, yet simple recipes that are good for the gut and taste great. The *Well-Fed Microbiome Cookbook* offers variety and convenience for microbiome diet followers and their families by providing: More than 150 recipes for the microbiome diet, plus easy-to-follow instructions for family-friendly dining at breakfast, lunch and dinner A 2-phase meal plan to repair weakened digestive systems and revitalize a healthy microbiome diet Practical DIY fermentation techniques for enjoying microbiome-friendly ferments at home Detailed instructions for tracking your body's reactions to food-specific sensitivities Dietary guidelines and lists of foods that nourish--or harm--your microbiome Designed just as much for taste as for nutrition, *The Well-Fed Microbiome Cookbook* offers recipes such as: Banana Oat Pancakes, Kimchi Omelet, Curried Chicken Soup, Zucchini Rice Boats, Ginger Scallop Stir-fry, Oven-baked Crispy Chicken Wings, Chocolate Chia Pudding, and much more.

Gut Crisis

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An effective and practical program based on the Paleo lifestyle, customized to fit your needs! As the Paleo movement sweeps the nation, the health benefits of following the lifestyle of our hunter-gatherer forebears are undeniable. But what happens when we hit a wall and weight loss stalls, energy flags, or we're tired of restricted eating? We're not cavemen anymore, so why should we follow a strict caveman diet? In *YOUR PERSONAL PALEO CODE*, Chris Kresser uses the Paleo diet as a baseline from which you can tailor the ideal three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, genetic blueprint, and individual needs. Kresser helps further personalize your prescription for specific health conditions, from heart disease and high blood pressure to thyroid disorders and digestive problems. Along with a 7-day meal plan and delectable, nutritious recipes, *YOUR PERSONAL PALEO CODE* offers natural solutions and an avalanche of groundbreaking advice on how to restore a healthy gut and immune system; how to eliminate toxins; which fats to eat liberally; how to choose the healthiest proteins; and much more. Best of all, you only have to follow the program 80% of the time; there's room to indulge in moderation while still experiencing dramatic results. Based on cutting-edge scientific research, *YOUR PERSONAL PALEO CODE* is designed to be flexible and user-friendly, with helpful charts, quizzes, and effective action steps to help you lose weight, reverse disease, and stay fit and healthy for life.

The Blood Sugar Solution 10-Day Detox Diet

The microbiome -- the collective name for the trillions of bacteria that live in our digestive tract -- is today's hottest medical news topic. Dr. Robynne Chutkan explains how the standard Western diet and our super-sanitized lifestyle are starving our microbes, depleting the "good bugs" that are crucial for

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keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria. [But] there are effective lifestyle and diet changes we can make to reverse this damage. Dr. Chutkan has helped thousands of patients suffering from a disordered microbiome with her comprehensive Live Dirty, Eat Clean Plan, designed to remove damaging medications and foods, replace important bacteria that have been lost, and restore health. [This books] offers: a microbiome overview, nourishing recipes, questions for your doctor, preventative and recovery health tips, and the next frontier for a severely troubled microbiome -- the stool transplant. --Amazon.

Healthy Gut, Healthy You

Thousands of years ago, Hippocrates said that all disease begins in the gut. Scientific research has proven this idea to be true. In *Healthy Gut, Healthy You*, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use of antibiotics have made our guts more vulnerable than ever before.

Eat Dirt

From the ten-time New York Times bestselling author of *Ultrametabolism*, *The Blood Sugar Solution*, and *Eat Fat, Get Thin* comes *The UltraMind Solution*. □Do you find it next to impossible to focus or concentrate? □Have you ever experienced instant clarity after exercise? Alertness after drinking coffee? □Does your brain inexplicably slow down during stress, while multitasking, or when meeting a deadline?

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Do you get anxious, worried, or stressed-out frequently? In *The UltraMind Solution*, Dr. Mark Hyman explains that to fix your broken brain, you must heal your body first. Through his simple six-week plan, Dr. Hyman shows us how to correct imbalances caused by nutritional deficiencies, allergens, infections, toxins, and stress, restoring our health and gaining an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

Happy Gut

The groundbreaking science behind the surprising source of good health Stanford University's Justin and Erica Sonnenburg are pioneers in the most exciting and potentially transformative field in the entire realm of human health and wellness, the study of the relationship between our bodies and the trillions of organisms representing thousands of species to which our bodies play host, the microbes that we collectively call the microbiota. The microbiota interacts with our bodies in a number of powerful ways; the Sonnenburgs argue that it determines in no small part whether we're sick or healthy, fit or obese, sunny or moody. The microbiota has always been with us, and in fact has coevolved with humans, entwining its functions with ours so deeply, the Sonnenburgs show us, humans are really composite organisms having both microbial and human parts. But now, they argue, because of changes to diet, antibiotic over-use, and over-sterilization, our gut microbiota is facing a "mass extinction event," which is causing our bodies to go haywire, and may be behind the mysterious spike in some of our most troubling modern afflictions, from food allergies to autism, cancer to depression. It doesn't have to be this way. *The Good Gut* offers a new plan for health that focuses on how to nourish your microbiota,

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including recipes and a menu plan. In this groundbreaking work, the Sonnenburgs show how we can keep our microbiota off the endangered species list and how we can strengthen the community that inhabits our gut and thereby improve our own health. The answer is unique for each of us, and it changes as you age. In this important and timely investigation, the Sonnenburgs look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbiota; and the nourishment of your own individual microbiome. Caring for our gut microbes may be the most important health choice we can make.

The Gut Balance Revolution

Nourish Your Skin's Ecosystem for A Healthy Glow You probably know all about your gut microbiome. But what about the microbiome on your body's biggest organ? Studies show that a diverse and thriving ecosystem of bacteria and other microbes on your skin affects a wide array of health issues. Your body's flora is the first line of defense against infection and impacts many skin conditions like psoriasis, eczema, and acne. It protects your skin from harmful invaders and strengthens its moisture barrier. So how can you take care of the good bacteria that maintains balanced, healthy skin? Written by a skin microbiome expert, *Good Bacteria for Healthy Skin* is a friendly, comprehensive, science-backed exploration of what this complex system is, what it does, and how to nourish it. You'll learn about how your lifestyle affects your skin microbiome, how microbiome imbalances impact skin conditions, and the benefits of probiotics and prebiotics. You'll also discover a skin detox plan and a beauty wellness regimen to keep your good bacteria happy and your skin looking healthy, youthful, and fresh!

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The Well-Fed Microbiome Cookbook

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking *Blood Sugar Solution* program, **THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET** presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, **THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET** is the fastest way to lose weight, prevent disease, and feel your best.

The UltraMind Solution

The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact

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hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, Fiber Fueled offers the blueprint to start turbocharging your gut for lifelong health today.

The Microbiome Diet

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

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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.

Colonic Motility

Heal Your Gut Holistically Mounting scientific evidence is confirming what Hippocrates said some 2,400 years ago, that, "all disease begins in the gut." Nurturing and maintaining a healthy intestinal microbiome has become a topic of great interest to both mainstream medicine and progressive health enthusiasts. In *The Gut Healing Protocol*, Australian health journalist Kale Brock delivers a comprehensive, holistic 8-week program to overcoming the common diet and lifestyle-related problems of inflammation and intestinal permeability through healthy diet and stress management endeavors. The *Gut Healing Protocol* contains over 30 recipes to help friendly bacteria predominate in your gut, and actively heal gut lining that may have been damaged by the consumption of toxic foods and other adverse lifestyle practices. Other highlights of the book include: A scientific round-up of the gut; how it

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works and how it can influence your health How antibiotics can leave you vulnerable to gut dysbiosis and strategies to heal from such damage How leaky gut can impact health throughout the body--especially inflammatory and autoimmune conditions--and how to heal with targeted foods and supplements The "gut-brain" connection, including how most of your "feel good" hormone serotonin is made in the gut and the profound effects that this has on brain function The roles played by the various microbes who live on and inside of you Why eliminating certain foods can drastically decrease the inflammation in the gut Extensive description of the proper integration and benefits of prebiotics, probiotics and fermented foods Details about the functional medicine strategy of "Weeding, Seeding & Feeding" to heal a damaged gut The destructive effects of common gut irritants like wheat, dairy, sugar, alcohol, and artificial sweeteners Complementary holistic healing strategies such as anti-microbials, alkalizing foods, bone broth, proper chewing, food combining, oil pulling, and supplementation Taking BEEMS time (Breath, Eat, Earth, Move, Sunshine) to support physical and psychological health Intensive FAQ section discussing troubleshooting and commonly misunderstood topics including as FODMAP, SIBO, constipation, veganism and gut health, dealing with conflicting mainstream medical advice The Gut Healing Protocol is a lively and engaging read that offers the information and practical guidance you need to become well versed in the gut microbiome. You'll finish with the confidence to heal a damaged gut and enjoy optimal immune, digestive, physical, and cognitive function for the rest of your life.

The Gut Makeover

In *The 2 Meal Day*, Max Lowery introduces intermittent fasting - eat just two meals a day, either

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breakfast and lunch or lunch and dinner - to burn fat and get fit fast. Rather than grazing on food all day or having to do complicated calorie calculations for two days of the 5:2 diet, simply eat two meals to lose weight, reduce hunger and feel more energised. Choose your two meals from Max's delicious, nutritious and easy-to-prepare recipes; start the day with Salmon Mini Frittatas or a Breakfast Burrito; Lunch on Thai Green Chicken Curry or Tuna Casserole or enjoy Creamy Mushroom and Parmesan Risotto or Sea Bass Sauce Vierge for Dinner. There are even healthier desserts to satisfy your sweet tooth without over-indulging - choose from Two-Ingredient Chocolate Mousse or Banana Pancakes. Max shows how to combine your 2-meal day with High-Intensity Interval Training (HIIT) - short duration and maximum effort exercises - and resistance workouts to help you drop fat and get fit quickly. So ditch the calorie-counting and the sugar highs and lows and enjoy two meals a day alongside Max's workouts for a leaner, fitter, healthier body.

The Microbiome Solution

Gut Crisis is the ultimate guide to gut health, answering practical questions: -What disorders are caused by an imbalanced state of gut bacteria? -How do gut bacteria affect your cravings and emotions? -What are the effects of probiotics? -What is your personal Gut/Brain Nature? -What can you do to heal your gut?

The Autoimmune Solution

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Improve Your Health by Fixing Your Mouth-Gut Microbiome Connection It's a popular theory that good health starts in your gut. But think about it: your mouth is the gateway to your gut. The good and bad bacteria in your mouth are directly linked to the bacteria in your digestive system. The oral microbiome can also affect illnesses and diseases like rheumatoid arthritis, diabetes, certain cancers, and more. That's why maintaining a balanced oral microbiome is one of the most important things you can do to set a solid foundation for your overall health. *Heal Your Oral Microbiome* is the first book out there to focus exclusively on the oral microbiome. In these pages, you'll learn how your mouth paves the way for full-body health, as well as how to identify common habits and practices that could be negatively impacting your unique microbiome. You'll also discover important steps you can take to heal and balance your mouth's microbes to boost your immune system, fight a variety of illnesses and create a solid foundation for your overall well-being.

The 2 Meal Day

This accessibly written, comprehensive summary of research findings on the gut microbiome and its implications for health and disease—a topic of growing interest and concern—serves as an essential resource for teachers and students. • Presents the most recent gut microbiome research in a way that is accessible to students interested in biological sciences and nutrition studies • Includes engaging sidebars and case studies that serve to better illustrate the connections between gut microbiota, human physiology, and chronic disease • Provides insight into the role of nutrition in shaping the gut microbiota and suggestions for improving human health

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The UltraSimple Diet

Offers an accelerated program designed to help readers lose weight quickly and keep it off, in a guide that features menus, exercise routines, and stress reduction techniques.

Fix Your Gut

Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism, appetite regulation, energy expenditure, and endocrine regulation. Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less. In *The Gut Balance Revolution*, Dr. Gerard Mullin--the foremost authority on digestive health and nutritional medicine--explains how to prevent leaky gut, inflammation, and insulin resistance, which are major contributors to obesity. This book will teach you how to rebalance the gut microbiome using a simple three-step method: **Reboot**: Weed out fat-forming bad bacteria by eliminating foods that make them grow and promote inflammation, insulin, and fat accumulation, and reignite fat burning metabolism with exercise and dietary supplements. **Rebalance**: Reseed your gut with good bugs and fertilize these friendly flora to establish a healthy gut ecology, reduce stress, and reinstitute a healthy lifestyle including sleep hygiene. **Renew**: Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods. The book features step-by-step meal plans, shopping lists, restaurant guides, recipes, recommendations on dietary supplements, and exercises for each phase so you can easily reboot, rebalance, and renew your health.

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Perfect Digestive Health

Losing weight for good is truly possible with a science-based approach to gut health. Recent cutting-edge research shows that human intestinal microbiota influence metabolism, appetite, energy, hormones, inflammation, and insulin resistance. Because gut microflora plays a central role in weight management, losing weight is much more than cutting calories, fat, or carbs. When the trillions of live bacteria in our digestive tract—the gut microbiome—are balanced, excess pounds melt away and we feel revitalized. A groundbreaking guide to your gut—Most people understand the importance of a healthy gut microbiome for digestive health and overall wellbeing. But what about the mycobiome—the fungi that live inside our bodies? Here, Dr. JOHN MARK introduces this important component of the microbiome and explains how diet affects this population and how its balance or imbalance can cause you to feel—a poor balance of fungi can lead to weight gain, pain and bloating, and low energy, and can worsen symptoms for those with IBS or Crohn's. Good news: Gut fungi respond quickly and dramatically to dietary and lifestyle changes. Within 24 hours, you can remake your mycobiome, supporting a path to weight loss, better digestion, and more energy. Alongside this accessible gut science, Mark outlines fast changes for fostering healthy fungi as well as 7- and 20-day diet plans, with more than 50 dietician-tested recipes, to cultivate a thriving mycobiome and methods for tweaking your lifestyle for long-term gut health. Do you want to learn more about leaky gut for vegetarian, leaky gut syndrome, leaky gut syndrome for dummies, leaky gut treatment, leaky gut wellness, leaky gut repair, fixing a leak gut, fix a leaky gut, repair leaky gut, leaky gut recipes, leaky gut probiotics, leaky gut diet food list, how to heal leaky gut syndrome fast, leaky gut syndrome diet, probiotics for leaky gut, how to cure a leaky gut, leaky gut diet plan, tests for leaky gut syndrome, I glutamine leaky gut, leaky gut cause, causes of leaky gut,

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supplement for leaky gut, test for leaky gut, leaky gut test, diet for leaky gut, leaky gut diet cookbook. If your answer to these is YES, then grab your copy now

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