



Gut Balance Revolution: A Guide to Heal Your Gut Effectively, Restore Gut Balance and Restore Optimal Gut Health (Paperback)

By MR Dermot Farrell

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you suffer with gut health problems? Do you feel bloated after you eat? Do you find it impossible to lose weight? Do you suffer with food allergies? Do you suffer with constipation/diarrhea? Do you suffer with acid reflux? Do you suffer with a dull stomach ache? Do you suffer with feelings of nausea? If you regularly suffer from some of these symptoms, then chances are that you have some gut health issues. How many people suffer with one or other form of gut health issues?.Probably the majority of people in one way or another, or at least some of the time, after all who hasn't ate too much Sunday roast or Christmas dinner? But when these issues become noticeable, on a regular basis, and they start to take over your life to the degree that you have to make many special changes in your lifestyle, in order to accommodate them, well that's when things become intolerable. Sadly western medicine isn't a whole lot of help here. Your average GP will recommend an antacid or possibly...



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