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Clean Gut and Sugar Detox Box Set: Gut Balance Reset Sugar Detox Diet

By Amanda Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Clean Gut And Sugar Detox Box Set (2 in 1) Clean Gut: How to Restore Gut Balance to Improve Digestive Health, Boost Metabolism and Lose Weight Do you struggle with bloating, constipation or depression? Are you dealing with a chronic intestinal infection? Get the help you need from Clean Gut: How to Restore Gut Balance to Improve Digestive Health, Boost Metabolism and Lose Weight. The typical human has 100 trillion microorganisms living in his or her gut. Recent studies have shown that these microbes, primarily bacteria, play a vital role in promoting and protecting overall health. They can help your body stave off infections, expedite natural toxin removal processes and facilitate the breakdown of complex carbohydrates. It is important to note, however, that not all gut bacteria are good for the body. There are both good and bad bacteria that fight for space in the digestive tract. When the balance of these organisms is disrupted, a variety of health issues can occur, including obesity, anxiety, intestinal distress and depression. This book will give you the...



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