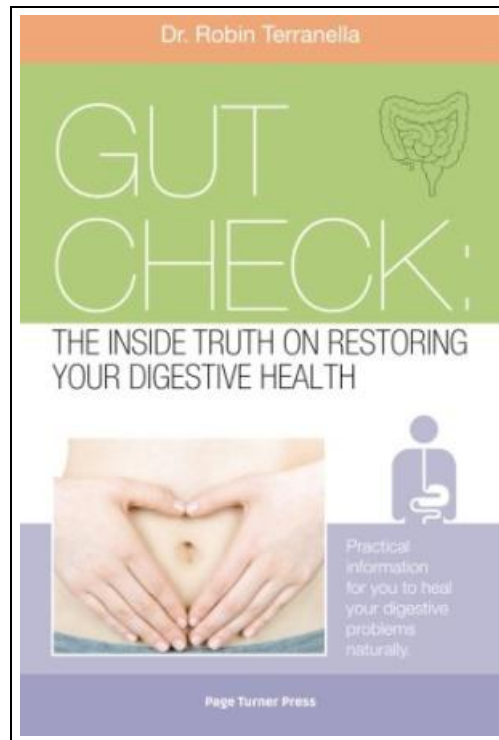


Gut Check The Inside Truth On Restoring Your Digestive Health



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).
(Myrl Hintz)

GUT CHECK THE INSIDE TRUTH ON RESTORING YOUR DIGESTIVE HEALTH



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 74 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Are you struggling with digestive problems that seem to drag on and on Tired of simply coping with upset stomach, gas or bloating, bowel irregularity, abdominal pain, or sluggishness on a daily basis Get ready to finally heal your digestive problems naturally, using the only practical, comprehensive guide available! Our digestion is a crucial element to our body's overall health; from absorbing vital nutrients and vitamins to ridding our body of toxins on a daily basis without proper functioning, our entire body suffers. In fact, our bodies require specific combinations of nutrients, minerals and vitamins to function effectively if our digestion isn't working properly, neurological, cardiovascular, metabolic, immune, psychological and endocrine functioning can be significantly impaired. Unfortunately, for most people visiting a conventional doctor won't actually help the underlying issue; modern medications (like acid blockers) are designed to simply suppress digestive functions instead of correct them. For those suffering from digestive difficulties these medications lower the efficiency of nutrient absorption, furthering your health and digestive problems. If you're ready to stop suffering through the pain, aggravation and discomfort of digestive problems this book is here to help you. This book is the only book designed to help you understand the functions of digestion and assist in finding a solution when things go awry. Dr. Robin Terranella helps you understand what's going wrong within your body and arms you with the ability to finally fix your ongoing issues forever without needing to use medications to cover up the symptoms. . It doesn't matter if you have occasional bowel irregularity, gas and/or bloating, or serious and chronic digestive issues you'll learn how to optimize your gut health and improve your overall health. In fact,...



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