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Go with Your Gut 10 Great Books for Gut Health Tips on

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.

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The Healthy Gut Handbook is packed with recipes, tips and information and a simple meal plan that s easy to follow and will help anyone get on track with as little fuss as possible. There s no avoidance of food groups, no miracle cleanses, no week-long detoxes, just straightforward advice and a real-life approach to good, gut-healthy eating.

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Healthy Gut Healthy You Dr Michael Ruscio

Healthy Gut, Healthy You is a fabulous resource for anyone struggling with gut health. Dr Ruscio answers so many questions and gives you a plan to follow in a logical, common sense approach. I just got my book yesterday and can't put it down.

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20 Best Foods for Gut Health Eat This Not That

A healthy gut microbiome is essential not only to properly break down the foods you re eating, but also for nutrient absorption and toxin elimination meaning that when your gut flora is out of whack, serious problems can ensue.

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