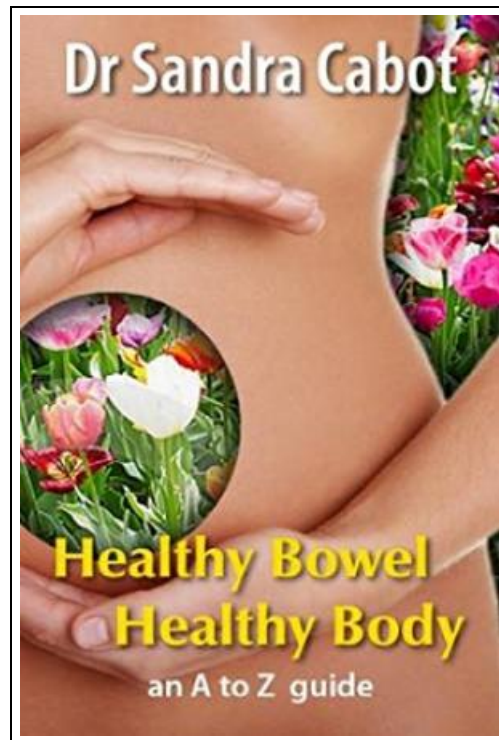


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SCB International, United States, 2014. Paperback. Condition: New. Language: N/A. Brand New Book. You Can Overcome Your Bowel problems with Holistic Medicine. Hippocrates the father of medicine said that all diseases begin in the gut. Well we have come a long way since Hippocrates, but it is still true today, that if your digestive tract is unhealthy you will not be a healthy individual. It is often said that you are what you eat - Well I disagree with that - You may eat a nutritious diet, but if your liver, pancreas, stomach or intestines are not healthy, you will not be able to benefit from the nutrients in healthy foods. New research has found that gut health plays a crucial role in all aspects of our health and has a profound influence on * Mental health - the gut brain connection is huge * Our energy levels * Our risk of cancer * Autoimmune disease * Allergies * Recurrent infections * Pain and inflammation * Weight excess This book will give you the vital principles for a healthy digestive system from the mouth to the anus. It presents the latest research and holistic strategies to overcome common bowel problems including - Excess Gas and Bloating, Bad Breath, Irritable Bowel Syndrome, Constipation, Parasites, Candida, Ulcerative Colitis, Crohn s Disease, Reflux, Heartburn, Poor Digestion, Gluten Intolerance, Food Allergies, Leaky Gut, Bowel Pockets, Pancreas Problems and much more.



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