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Many of these diets also fail to emphasize the importance of healing your gut not only to manage your symptoms, but to allow you to improve your food tolerance and recover your optimal digestive health.

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Digestive Health with REAL Food {the book} â€“ Radicata

Health begins in the gut. In addition to digestive disorders, many other health problems can stem from damage to your intestines, including migraines, skin problems, autoimmune conditions, and weight abnormalities, so tackling your digestion first is smart if you want to maximize your chances of obtaining optimal health.

Digestive Health with Real Food: A Practical Guide to an

Jacob, Aglae "Digestive Health with Real Food: A Practical Guide to an Anti-Inflammatory, Low-Irritant, Nutrient Dense Diet for IBS & Other Digestive Issues" (Englisch) 396 Seiten; Paleo Hyppocrates: "All diseases start in the gut."

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