



Gut Balance: Top 48 Whole-Food, Plant-Filled Gut Balance Recipes-Restore Optimal Gut Health and Speed Up Weight Loss (Paperback)

By Trisha Eakman

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Top 48 Whole-Food, Plant-Filled Gut Balance Recipes So what can you do to keep your gut flora balanced and your gut healthy, and thus overcome or avoid health problems? It is important to have a healthy digestive system because it helps you obtain all of the essential nutrients from your food. A balanced diet with a variety of nutrients like protein, complex carbohydrates, fibre, fruits and vegetables along with moderate amounts of fat and sugar can ensure your gut stays in good condition. Your gut is like a forest, full of diverse life that-if kept in check-helps your whole natural system flourish. The problem is, food isn't as simple as it used to be, and modern cuisine, even modern medicine like antibiotics, can do a real number on the biodiversity in your digestive tract-your beneficial bacteria. In fact, too many meds and eating too much sugar and processed foods can actually suppress this protective gastrointestinal army, so it's important to bring balance and stability back to your gut for optimal health to avoid diarrhea and diseases. Here...



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