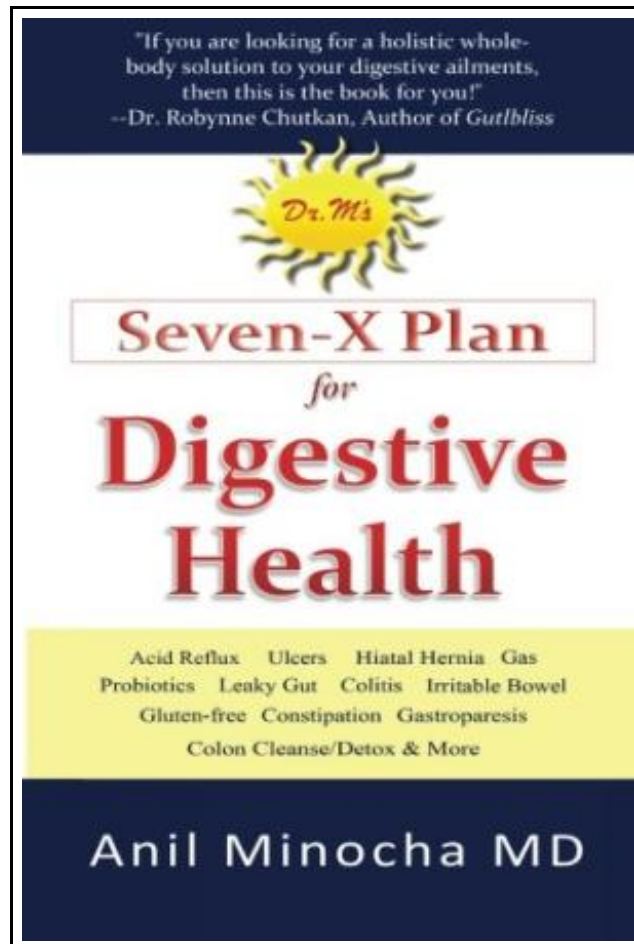


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Logos Enterprises LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Relief at Last for the Millions of Chronic Unhealthy Gut Sufferers! Dr Minocha s Seven-X Plan for Digestive Health is a valuable contribution to the field of gastroenterology. If you are looking for a holistic whole-body solution to your digestive ailments, then this is the book for you! --Dr. Robynne Chutkan, Founder of the Digestive Center for Women. True health care reform begins with your gut! The roots of your future health were laid while you were in the womb and during your early years. Genes are only a small part of it! If you are at a loss as to what is wrong and why you can t be healthy, think about your gut. In your gut reside trillions of bacteria. Only a single microscopic cell lining separates your body from these bacteria. These bacteria, good and bad, affect your health 24/7 via the Gut-Immune-Skin-Brain axis. A treasure trove of key information on probiotics, intestinal infections, and everything you ever could want to know about the digestive system. --Chris Adamec, co-author of Fibromyalgia for Dummies. Your gut occupies a central role in your health! Not only are chronic digestive illnesses widespread, there continues to be a rise of autism and allergies in kids, as well as chronic pain like fibromyalgia, migraine, and interstitial cystitis in adults. Arthritis, acne, and psoriasis are widespread. All of these are associated with high-intensity GI problems. What is leaky gut and how can you strengthen it? What kind of foods should you avoid? Which probiotic should you take? What is a good way to do a colon cleanse, flush, and detox? Is there a natural treatment for IBS? Dr. M...

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