



**DIGESTIVE HEALTH: HEALING YOUR GUT
WITH REAL FOOD AND SMART
STRATEGIES (Digestive Health Solution and
Detoxification with Real Food - your complete
guide to Gut Health, Digestion and Nutrition)**

TANIA MACDONALD

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Digestive Health Solutions – Finally Your Personalized Guide To Perfect Digestion and Nutrition

It has been rightly said that health begins in the gut. The book **Digestive Health (Digestive Health Solution and Detoxification with Real Food)** will not only teach you how to manage your symptoms, but also empower you to manage the root cause of your digestive discomfort in order to achieve optimal gut balance and wellness.

Are you ready for the *Real food* diet?

Post reading this book, you will be able to build your personalised diet plan by identifying the best foods for your digestive system and eliminating the ‘not so good’ stuff. We will focus on anti-inflammatory, alkalising, easy to digest, nutrient dense, REAL food and supplements that will enable you to address various digestion related problems such as IBS, Gut dysbiosis, Gastritis, Flatulence, Bloating, Celiac diseases, Leaky gut, etc.

The number of people experiencing digestive problems today is probably three times than what it was a decade ago. The primary reason for this is the increase of dangerous toxins that are present almost everywhere around us – in our food, drink, and even the air that we breathe.

It is therefore imperative that we are conscious of the manner in which we nourish our bodies. This means taking good care of our digestive system.

Since there is no ‘one size fits all’ solution, this book provides actionable steps that will help you create **your personal digestive plan** and rid yourself of your digestive woes.

So, what are you waiting for?

To download, scroll up and click the **'Buy'** button!

Tags:

Real food, Digestive Health, Digestive Health solution, Gut Balance, Gut Healing, Clean Gut, IBS, Digestive disorders, Gut Health, Detoxification, Digestion and Nutrition, Personalised Digestive Plan

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