



Copyrighted Material

THE GUT HEALTH DIET PLAN

Recipes to Improve Digestive Health and Boost Wellbeing

CHRISTINE BAILEY



Copyrighted Material

Resumo de The Gut Health Diet Plan: Recipes to Restore Digestive Health and Boost Wellbeing

It is now widely recognised that gut health is critical to our overall health and that many major health concerns can be linked to an irritated or unhealthy gut. In fact, an unhealthy gut contributes to a wide range of chronic health disorders such as autoimmune conditions, allergies, arthritis, chronic fatigue syndrome, depression and mood swings.

What's worse, gut health issues affect a huge proportion of people and are often on-going and difficult to resolve. But it does not have to be this way. In this revolutionary 30-day programme, Christine Bailey shows you how, instead of treating the symptoms as they arise, you can tackle the root causes with five simple steps: Remove, Replace, Repopulate, Repair and Rebalance.

This programme will help you to remove the underlying factors wreaking damage to your gut, restore digestive health, quench inflammation, heal the gut for good and achieve true, long-lasting health."

[Acesse aqui a versão completa deste livro](#)