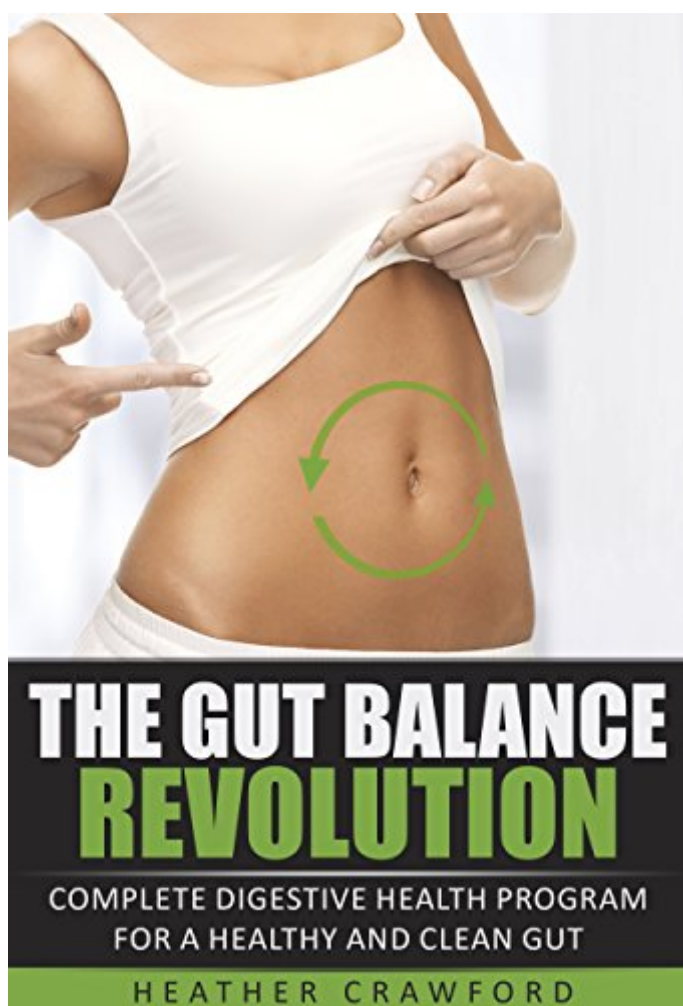


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# The Gut Balance Revolution: Complete Digestive Health Program For A Healthy And Clean Gut (Abdominal Health Book 6)



## Synopsis

Join The Amazing Gut Health Revolution To Heal Your Gut, Restore Your Health And Live Life To The Full! For a limited time this bestselling Kindle book is priced at only \$2.99. Regularly priced at \$4.99. Available on your PC, Mac, smart phone, tablet or Kindle device. This book – The Gut Balance Revolution – will help you to understand more about gut health, what it does, what happens when it deteriorates and what causes it. More importantly, you will learn about how to restore gut health naturally and efficiently through the 4Rs. This book contains proven steps and strategies on how to restore gut balance and promote overall great health. The gut is more than just a tube where food goes in, gets digested, nutrients absorbed and wastes eliminated. The gut has many other functions and these are due to the presence of bacteria. Yes, the clean gut has trillions of bacteria along its lining and these bacteria are needed by the body. Find out more about gut healing, function and flora in this book. Most importantly, learn what you can do to heal your gut and give it better care. Here Is A Preview Of What You'll Learn... Introduction to Gut Health Functions of the Gut Microflora Causes of Poor Gut Health Signs of an Unhealthy Gut The 4Rs for Better Gut Health Foods to eliminate Soothing Foods Foods that promote weight loss Prebiotics Soil-Based Probiotics Fermented Foods And Much More! Download your copy today! Take action right away to harness the miraculous benefits of the gut health revolution. Download this book – The Gut Balance Revolution – for a limited time discount of only \$2.99! Tags: gut health, gut health protocol, gut health transformation, gut health audible, gut health books, gut health cookbook, gut health diet, gut health recipes, gut health supplements, gut health revolution, heal your gut, heal your gut cookbook, heal your gut book, heal your gut heal your brain, heal your gut supercharged food, heal your gut with bone broth, gut balance, gut balance reset, gut balance cookbook, gut balance solution, gut balance book, gut balance revolution, gut balance revolution book, clean gut, clean gut sugar detox, clean gut diet, clean gut and wheat belly, clean gut cookbook, clean gut kindle, clean gut protein powder, gut healing, gut healing tea, gut healing cookbook, gut healing diet, gut healing herb, gut healing powder, gut healing recipes, gut healing supplements

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Abdominal

## Customer Reviews

I'm going to preface my statements by saying, I'm a college physiology professor who did his graduate work in the microbiome. I'm a firm believer that scientific information should be made available to the public for free. While the intentions of this book are honorable the methodology, conclusions, and information in this booklet are full of assumptions, poor logic, and lack any medical or scientific understanding. The information we have on the microbiome is still lacking in a lot of conclusive evidence. The understanding on the microbial-human connection is barely starting to emerge. There is new discoveries about basic human physiology that make this entire booklet moot (understanding the roles of the appendix, behavior, and environmental conditions). The first red flag in this book was showing how easy it is to "fix" the GI bacteria. Next was a very obvious lack of understanding when she listed sugar (twice by the way) as a source of harmful protein. I could go on and on about the fallacies and short comings of this booklet and its series, but out of respect for the idea of scientific communication to the public I will not continue. Please, do your own microbiome research by finding peer reviewed articles available to the public on the matter. It takes more time, but it will increase your understanding and keep you safer.

Compared to some of her other books, this one actually had some good information for a basic

overview on gut health. If you're just starting out and trying to understand the basics, this book will probably be helpful. In future editions, however, I would love to see the information backed up with medical research and appropriate references/footnotes/citations. I received a copy of this book in exchange for my honest review.

Amazing, I learnt so much from this about gut health and vitamins, even though I knew quite a bit anyway. Heather explains clearly in detail the effects of the right foods and probiotics on the gut and lists the foods that help heal the gut. This is a must for anyone with gut problems, or even those without just to keep it healthy. We all get ill and at these times we weaken and eat what we shouldn't. Then the gut flora spiral out of control and need to be brought back to balance. I will keep reading this to keep reminding me what I need to do as it's easy to forget and break a habit, especially if you go on holiday and more. I was given this book to review for my honest opinion and it is knowledge which everyone should have. Thank you Heather.

I've suffered from gut health issues for most of my adult life, and have done extensive reading on the subject matter. This booklet contains more substantial information than the author's previous work, "The Gut Health Procedure", and would provide a good starting point for someone looking for an overview of the subject. For me, unfortunately, it did not provide me with any new insights. I was given a free copy of this book in exchange for my honest opinion.

Lots of information - really short quick read. One of many, there are lots of resources for this topic. This one is a good intro to gut health. Do not stop here. Read more.

I received a copy of this book in exchange for an honest review. This is a very simply laid out text that is straightforward in its approach on what could be a complex issue. So many times I will purchase a book for the content in one chapter, and I like that this book is a concentrated form of this information.

Heather Crawford gives readers a simple overview of gut health. I enjoyed this book. It was short and to the point with helpful hints such as the four R's to get your gut back on track.

a GREAT QUICK LOOK AT GUT HEALTH CLEAR AND CONCISE PACKED WITH INFORMATION. I WILL SHARE THIS WITH FRIENDS.

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Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1)

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