



Gut Check The Inside Truth On Restoring Your Digestive Health

By Dr. Robin Terranella

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 74 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Are you struggling with digestive problems that seem to drag on and on Tired of simply coping with upset stomach, gas or bloating, bowel irregularity, abdominal pain, or sluggishness on a daily basis Get ready to finally heal your digestive problems naturally, using the only practical, comprehensive guide available! Our digestion is a crucial element to our body's overall health; from absorbing vital nutrients and vitamins to ridding our body of toxins on a daily basis without proper functioning, our entire body suffers. In fact, our bodies require specific combinations of nutrients, minerals and vitamins to function effectively if our digestion isn't working properly, neurological, cardiovascular, metabolic, immune, psychological and endocrine functioning can be significantly impaired. Unfortunately, for most people visiting a conventional doctor won't actually help the underlying issue; modern medications (like acid blockers) are designed to simply suppress digestive functions instead of correct them. For those suffering from digestive difficulties these medications lower the efficiency of nutrient absorption, furthering your health and digestive problems. If you're ready to stop suffering through the pain, aggravation and discomfort of digestive...



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