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The Digestive Health Solution is a revolutionary book at the cutting edge of the current science and separates itself from the pop health fads with its evidence-based approach. Explore vital topics, including:

The Digestive Health Solution

This interactive book enables you to have better digestive health for life! When your insides are working properly, all of you is so much healthier. Under the guidance of expert naturopath and communicator Ben Brown, you will explore the mind-body connection, food intolerances and the keys to a healthy digestive system before learning how to a Comprehensive and accessible!

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revolutionary book that's above and beyond health fads, focusing on an evidence-based approach. Brown explores the mind-body connection, food intolerances, gluten sensitivity, dietary changes, food additives, parasites, fermented foods and a low-histamine diet.

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Discover personalised, effective and natural solutions for your optimal digestive health. The Digestive Health Solution explores the mind-body

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connection, food intolerances, gluten sensitivity, dietary changes and key issues in the digestive system and provides practical ways to transform your digestive health.

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'The Digestive Health Solution' by Benjamin Brown - viridian

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'The Digestive Health Solution' is the result of this research as is Viridian's new, high spec range of natural digestive aids including high potency probiotics, a slow released peppermint oil capsule for digestive comfort, and a kiwi and aloe capsule for a deep colonic cleanse.

The Digestive Health Solution - Only Natural

When he told me he was writing a book about the gut I knew it would be great, and made sure to read it. The Digestive Health Solution. 2nd Ed. The Digestive Health Solution gives a lot of fantastic information about why things go wrong in the gut, but there's also a really big focus on what to do to try and resolve those issues, and how to have a healthy gut.

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The Digestive Health Solution takes you on a journey of scientific discovery

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towards personalized, effective natural solutions for optimal digestive health. Stomach cramps, pain, bloating, gas, diarrhoea and constipation — collectively called irritable bowel syndrome (IBS) — affect 1 in 4 people. People can suffer tremendously from these symptoms, which often are not simply a digestive ...

Digestive Health Solution - E-book - Benjamin I. Brown ...

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Discover personalised, effective and
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"The Digestive Health Solution is an outstanding synthesis of cutting edge research, a timely book that stands apart from the hype and pop nutritional fads. Ben Brown has established himself as a trusted authority, a researcher and clinician dedicated to sound nutritional approaches in complex cases.

Reviews

Discover personalised, effective and natural solutions for your optimal digestive health. The Digestive Health Solution explores the mind-body connection, food intolerances, gluten sensitivity, dietary changes and key issues in the digestive system and provides practical ways to transform your digestive health. It looks at research on popular natural medicines, sifting fact from fiction and ...

The Digestive Health Solution - Expanded & Updated 2nd ...

Description - The Digestive Health Solution - Expanded & Updated 2nd

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Edition by Benjamin Brown. The Digestive Health Solution takes you on a journey of scientific discovery towards personalized, effective natural solutions for optimal digestive health. Stomach cramps, pain, bloating, gas, diarrhoea and constipation - collectively called irritable bowel syndrome (IBS) - affect 1 in 4 people.

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