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# THE DIGESTIVE HEALTH SOLUTION

BENJAMIN I. BROWN, ND

YOUR PERSONALIZED FIVE-STEP PLAN FOR  
INSIDE-OUT DIGESTIVE WELLNESS

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**The Digestive Health Solution** Benjamin I. Brown ND, 2015-02-01 Comprehensive and accessible 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 address your health issues and quality of life needs with a five step plan that is uniquely yours You will read about research on popular natural medicines sifting fact from fiction and uncover evidence based safe treatments that will enhance your digestion and improve or even eliminate symptoms fast The author is a passionate communicator and knows that it doesn't take a lot to help people dramatically reduce digestive discomfort In this book he sets to work to give you all the tools you need to live a happier healthier life One in four people has an existing digestive health condition Read this book to improve any existing conditions and bulletproof your future health

**The Digestive Health Solution - Expanded & Updated 2nd Edition** Benjamin Brown, 2017-04-01 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 uncovering evidence based safe treatments that can enhance your digestion and improve or even eliminate symptoms fast Using a personalised approach you can then follow an easy five step plan for quick symptom relief improve your health from the inside out and enjoy better digestive health for life This new edition includes updated information on gut bacteria and parasites the FODMAP diet additives and preservatives and a diet summary table

**Healthy Gut Solution** Carmen Reeves, 2015-10-02 Healthy Gut Solution Learn how to improve digestion modify your diet and use herbs and lifestyle changes for better energy and health today The path to a healthy gut and better digestion doesn't have to be difficult Placing priority on a healthy gut is incredibly important in bringing your natural wellness to its very best state Ever wonder why you struggle with certain digestion symptoms and issues reaching out for specific remedies or even medications for better gut health and seem to find no improvement Do certain steps you take fail to work right away whether digestion based or related to other aspects of your health Do you even go on healthy regimens or diets in spite of your busy hectic schedule and still can't experience the changes in health and energy you'd hoped for The digestive system is quickly becoming one of the health world's 1 targets for overcoming and improving health today and it's at the very root of all well being in general Without a thorough focus on how your body assimilates foods health supplements and even medicines any amount of effort you place on eating better more nutritiously or taking control of your life will fall short There is a re-surge of interest in healthy foods and herbs these days along with many other natural remedies and clean eating tips proved to turn your wellness and energy around But without making a healthy gut a priority a lot of these wonderful new explorations and discoveries might be

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