



The Everything Guide to Gut Health: Boost Your Immune System, Eliminate Disease, and Restore Digestive Health (Everything®)

Lindsay Boyers

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Protect your gut and improve your life!

If you're struggling with digestive disorders, relief is in sight! Scientists have discovered that many common ailments can be linked to an unhealthy gut. And poor gut health causes more problems than IBS and heartburn alone--it's also responsible for weight gain, skin conditions, and depression, too. But you can take simple steps to restore healthy gut flora, which can reduce or eliminate symptoms of a wide range of diseases, including diabetes, arthritis, and chronic fatigue syndrome.

This all-inclusive and natural guide to gut health also features 150 nutritious recipes to promote healthy gut flora, including:

- Fluffy Coconut Pancakes
- Garlicky Veggie-Packed Omelet
- Old-Fashioned Sweet Potato Hash Browns
- Romaine and Avocado Salad
- Roast Lemon Chicken
- Butternut Squash Chowder
- Pork Loin with Baked Apples
- Scallops with Chives
- Thai Vegetable Curry
- Apple Pie Smoothie
- Walnut Pecan Brownies with Raspberry Sauce
- Banana-Coconut Bread

The Everything Guide to Gut Health gives you the tools you need to heal intestinal problems and lead a healthier, happier life!

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