



Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS

Scott Sterling

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If you ever find yourself caught out with your stomach feeling ready to explode before you make the bathroom, or you are constipated a lot, and you have associated symptoms such as tiredness, migraine or even skin conditions, then it might be you are suffering from a condition which proponents call Leaky Gut Syndrome. This book explains the condition, and the opinions on it, as well as touching on a couple of other stomach related conditions, including Irritable Bowel Syndrome. The book also contains a short explanation of the digestive system. The book suggests what you can do to your diet and exercise regime, as well as considering how reducing stress levels can alleviate symptoms. It suggests how you can track trends in your lifestyle, and how these associate with symptoms. This book is designed to help you take control of your digestion issues - we hope it works.

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