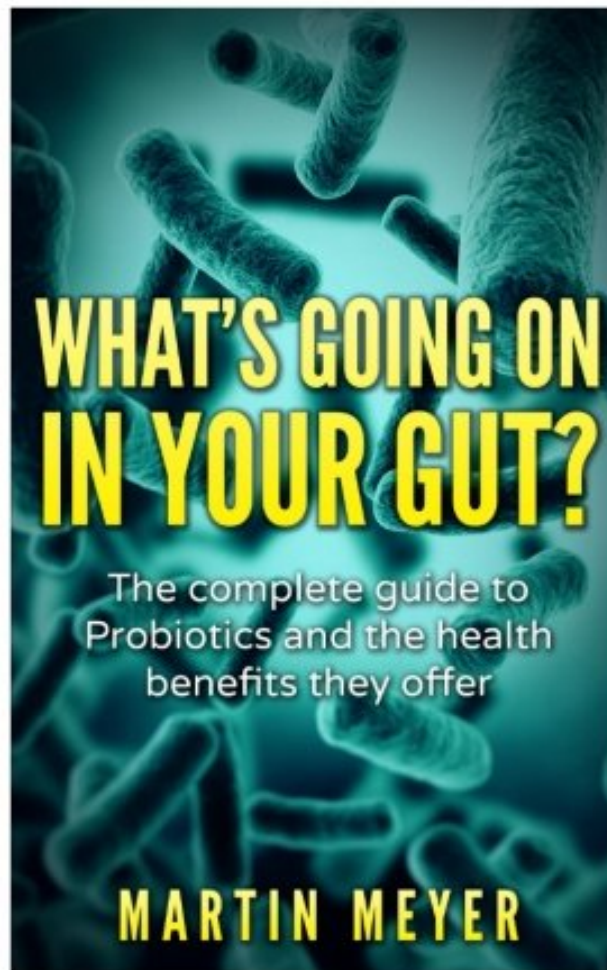


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What's going on in your gut?: The complete guide to Probiotics and the health benefits they offer

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This book is full of incredible knowledge. If you are into science and why things are the way they are - I highly recommend this book. Martin really knows his stuff! I was recently diagnosed with IBD so reading about inflammatory bowel disease was particularly interesting to me! I can now understand that its the bacteria (which is why they put me on an antibacterial medicine) causing all the big issues in my gut! Thanks again, Martin for a fascinating read!
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By Sarah
This book had tons of information about probiotic, specifically on their relation to our health! I learned a lot from reading this and will definitely be changing some of my habits in the future. Would recommend!!!

Probiotics are microorganisms that treat many illnesses. They promote healthy and balanced digestive track and a healthy immune system. Virtually every disease starts with the wrong bacteria imbalance in our digestive track such as Obesity, Colon Cancer, Inflammatory Bowel Disease, ulcerative colitis, Crohn's disease, Heart Disease, Multiple Sclerosis, Cholesterol, Diabetes and Autism. Probiotics are essential and without them we couldn't sustain life. They: - Make vitamins vital for life -Send signals to the immune system -Are gatekeepers into our body and hinder pathogens, bad bacteria and viruses -Improve gastrointestinal motility and function -Fight against chronic inflammation -Produce short-chain fatty acids that maintains our gut health -Release small molecules(metabolites) that impact the brain Many diseases are caused by inflammation of the skin, lungs, joints and other tissue and can all be because of a bacterial imbalance since they effect our immune system. Newest studies show that intestinal bacteria connect to ADD, OCD and Alzheimers. This books gives you the knowledge about everything there is to gut flora, Probiotics and their health benefits. It also teaches you what you can do to prevent those diseases with the right gut flora balance. Whatsquo;s going on in your gut? The complete guide to Probiotics and the health benefits they offer