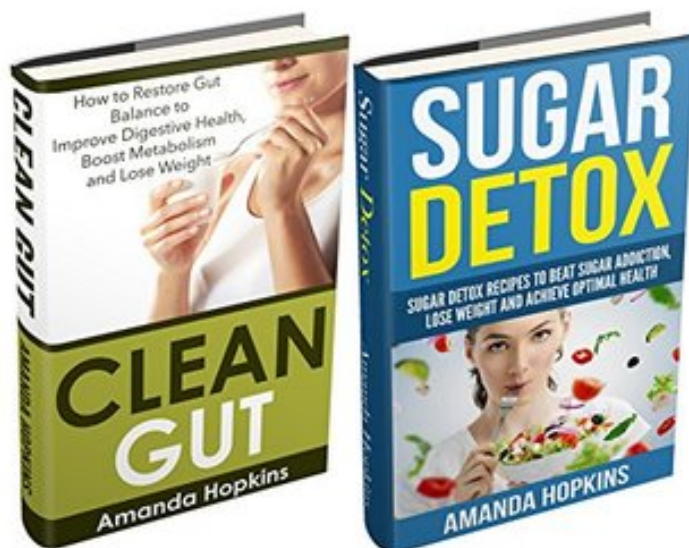


Clean Gut And Sugar Detox Box Set: Gut Balance Reset & Sugar Detox Diet



Title: **Clean Gut And Sugar Detox Box Set: Gut Balance Reset & Sugar Detox Diet**

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Clean Gut And Sugar Detox Box Set (2 in 1) Clean Gut: How to Restore Gut Balance to Improve Digestive Health, Boost Metabolism and Lose Weight Do you struggle with bloating, constipation or depression? Are you dealing with a chronic intestinal infection? Get the help you need from Clean Gut: How to Restore Gut Balance to Improve Digestive Health, Boost Metabolism and Lose Weight. The typical human has 100 trillion microorganisms living in his or her gut. Recent studies have shown that these microbes, primarily bacteria, play a vital role in promoting and protecting overall health.

They can help your body stave off infections, expedite natural toxin removal processes and facilitate the breakdown of complex carbohydrates. It is important to note, however, that not all gut bacteria are good for the body. There are both good and bad bacteria that fight for space in the digestive tract. When the balance of these organisms is disrupted, a variety of health issues can occur, including obesity, anxiety, intestinal distress and depression. This book will give you the latest information on how gut balance can be restored. By reading this book you'll learn:

- Why the gut is commonly referred to as the body's second brain
- What gut flora is and what causes imbalance in gut flora
- The common symptoms and harmful effects of gut dysbiosis
- How to choose the right foods for restoring gut balance
- What probiotics, prebiotics and fermented food are and how these help
- Healthy and all-natural strategies for improving the health of your gut

Once your gut health improves, you'll start seeing impressive changes in your overall well-being.

Physically, you'll start dropping pounds and you'll have far more energy. Mentally, anxiety and depression will no longer be an issue. Download your copy of this essential book right now! Read these two books for FREE on Kindle Unlimited – Download Now! Sugar Detox: Sugar Detox Recipes to Beat Sugar Addiction, Lose Weight and Achieve Optimal Health Do you regularly struggle with sugar cravings? Are you ready to learn more about sugar detox?

Recent research has shown that sugar can be just as addictive as drugs like heroin and cocaine. You may have a sugar addiction without even realizing it given that sugar is present in a vast range of foods and beverages including cookies, candy, ice cream, juices, soda and even bread. Eating excessive amounts of sugar can result in problems like weight gain, tooth decay, diabetes and hypertension. Sugar Detox shares the most effective strategies for detoxing your body from sugar and its many harmful effects. When you read this book you'll discover:

- Why so many people constantly crave sugar
- The health effects of being addicted to sugar
- Why sugar detox is so important
- Tips on performing a successful sugar detox

You'll also get:

- Breakfast recipes for sugar detox
- Lunch recipes for sugar detox
- Smoothie and snack recipes for sugar detox
- Dinner recipes for sugar detox

Sugar Detox is an invaluable tool that will help you improve your health and avoid the many short and long-term illnesses that sugar addiction creates. Detoxing from sugar will show you how good it is to live a healthy, happy life that is absolutely free of refined sugar.

Walgreens.com - America's online pharmacy serving your needs for prescriptions, health & wellness products, health information and photo services Praise for Brain Maker "Thanks in large part to dramatic and ongoing increases in understanding the brain-gut-microbiome connection, there is new hope. Are detox symptoms on a Paleo diet normal? Our nutritionist explains how to handle the transition from the dreaded detox into thriving on Paleo. Yahoo Lifestyle is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends. You've got problems, I've got advice.

This advice isn't sugar-coated—in fact, it's sugar-free, and may even be a little bitter. Welcome to Tough. Working with headphones on usually means you'd rather not be bothered, but sometimes it means you're just listening to something while you work. If you.

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