

# DOWNLOAD THE GUT HEALTH PROTOCOL A NATURAL APPROACH TO HEALING SIBO INTESTINAL CANDIDA GERD GASTRITIS AND OTHER GUT HEALTH ISSUES

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## **The Gut Health Protocol - The Gut Health Protocol**

The Gut Health Protocol book goes in to a lot more detail on each of the above recommendations. Chapter 2 starts the gut repair and healing phase of the protocol and is extremely important to feeling better and long term success.

## **Summary of "The Gut Health Protocol"**

The Gut Health Protocol outlines natural approaches to tackling dozens of stomach and intestinal health issues using only scientifically studied natural herbs, supplements and diet. Supplements commonly available in local health foods stores and at your favorite online retailer.

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The Gut Health Protocol, and The Gut Health Diet, can usually resolve these issues, and without damaging antibiotics or steroids. Even if you choose to go the antibiotic route The Gut Health Protocol can make the treatment more effective and can help prevent serious complications.

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The Gut Health Protocol contains over 1200 published scientific studies summarized and explained in easy to understand language, over 500 pages on paper, and reviews of several treatment options. Unlike many self-help books nearly everything in the book is based on science, not opinion.

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Gut Health Protocol Fiber - Target fiber consumption should be at least 25 grams per day. Fibers that should be included into daily food intake over and above fiber in fruits, vegetables, and beans/legumes include Chia, Flaxseed lignans, or Hemp seeds. Most people will need at least one serving of a fiber supplement per day to achieve the goal.

## **Gut Health Protocol - Go Primal Fitness**

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## **The Gut Health Protocol: A Nutritional Approach To Healing**

Gut Health and Parkinson's Disease Strongly Correlated - The Gut Health Protocol Several studies over the past 3-4 years have strongly linked gut health to the risk of developing Parkinson's Disease.

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