

THE COMPLETE

Prebiotic & Probiotic Health Guide

A Vegetarian Plan for Balancing Your Gut Flora

Features strategies to help you follow a vegetarian diet, including a 14-day meal plan and tips on creating a weekly food diary

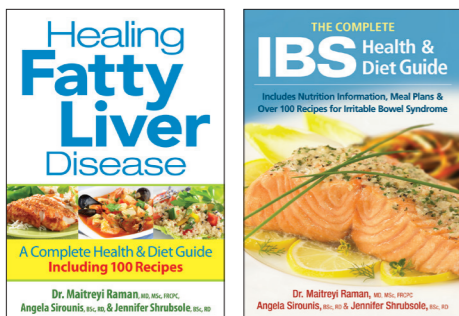
Emerging research showcases the critical role of diet in shaping a favorable environment for beneficial gut bacteria. This comprehensive book, written by leaders in the field of gastroenterology, explores the link between your gut microbiome and your overall health. You'll learn strategies to create a healthier gut by eating more probiotic- and prebiotic-rich foods within the framework of a vegetarian diet. The simple 8-step program offers an optimal nutrition prescription that will get you into tip-top shape and help you lose weight and reduce the risk of cancer and heart disease.

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By the same authors



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+175 RECIPES

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