



End Your Stomach Problems: Get Your Gut Back in Working Order (Abdominal pain, heartburn, acid reflux, diet)

Stephen Wilson

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Time to end your stomach problems – and rediscover what it feels like being healthy!

Buy today for a special introductory price and read on your Kindle device, smartphone, PC or Mac.

‘End Your Stomach Problems: Get Your Gut Back in Working Order’ contains proven steps and strategies on dealing with all sorts of gastrointestinal issues. In Western society we focus on the symptoms rather than the cause, reaching for the antacids or latest pills prescribed by our doctor when the internal alarm bells start ringing. Our bodies are giving us warning signs that there is a problem! The best way to switch off those alerts is to bring balance back into our lives – and this can be achieved through proven natural remedies for digestive conditions, proper nutrition, minimising stress and essential supplements.

Whether you feel like you literally have fire in your belly, you are struggling with constipation, or have reactions to particular foods, this book provides essential information for getting your health back on track.

In this book you will learn:

- How a healthy gut is the foundation of good health.
- Understanding how your digestive system works and the role of your gut in maintaining the optimal functions of your digestive system.
- Why you need to be conscious of your diet and how your diet can promote good gut health that influence your overall health.
- How there are better solutions than drug-based medicines in healing and restoring your gut health.
- Benefit from proven natural remedies to resolve your digestive problems.
- How to benefit from probiotics and fermented food to restore your gut flora or the good balance of good and bad bacteria.
- The connection between your brain and gut and why minimising stress is so important.
- How guided meditation is one of the best ways to manage your stress levels.
- How you can give your body a helping hand through essential supplements.

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Tags: Stomach, problems, gut, digestive system, gastrointestinal, acid reflux, constipation, diarrhea, inflammation, probiotics, stress, nutrition, supplements,

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