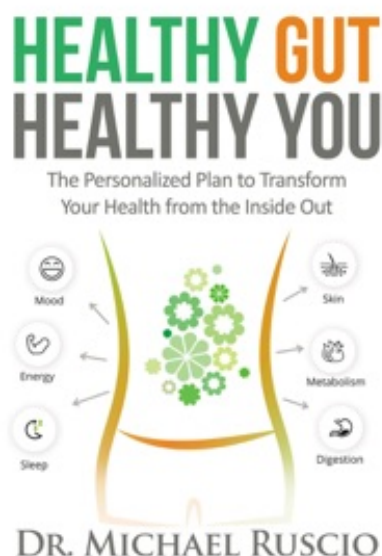


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Over two thousand years ago, Hippocrates said that all disease begins in the gut. Now backed by extensive scientific research, this idea still holds true today. In Healthy Gut, Healthy You, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use

of antibiotics have made our guts—and the essential bacteria they contain—more vulnerable than ever before.

The good news is that almost any ailment—including depression, fatigue, weight gain, autoimmunity, insomnia, and hypothyroidism—can be healed. The key is not just managing the symptoms but treating the root cause: the gut. Restoring this crucial part of your overall health improves the performance of your whole body from the inside out—and it's easier than you think to get started.

You don't have to follow crazy diets or spend a fortune to get healthy. Instead, read this book to discover

- how the gut works and its role in your body,
- practical diet and lifestyle advice to support your gut health,
- simple and actionable tools to repair your gut, and
- an innovative, user-friendly plan to heal, support, and revitalize your gut.

A vibrant, healthy you begins with your gut—start healing your body today!

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If you realize your healthy gut, healthy you: the personalized plan to transform your health from the inside out so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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