



Gut Health

Hugo Rodier

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This book gives you a practical way to heal your intestinal tract in a natural way, or an integrative approach, that will cast your gut in a whole different LIGHT, employing the cutting edge of the research on the gut that is flooding our medical journals. Said research is correctly recasting the gut as the center of health and disease, a concept that won the Nobel Prize in 1908.

Prepare yourself to fill your body with LIGHT as this integrative approach delves into every issue associated with you: mind, body and soul.

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