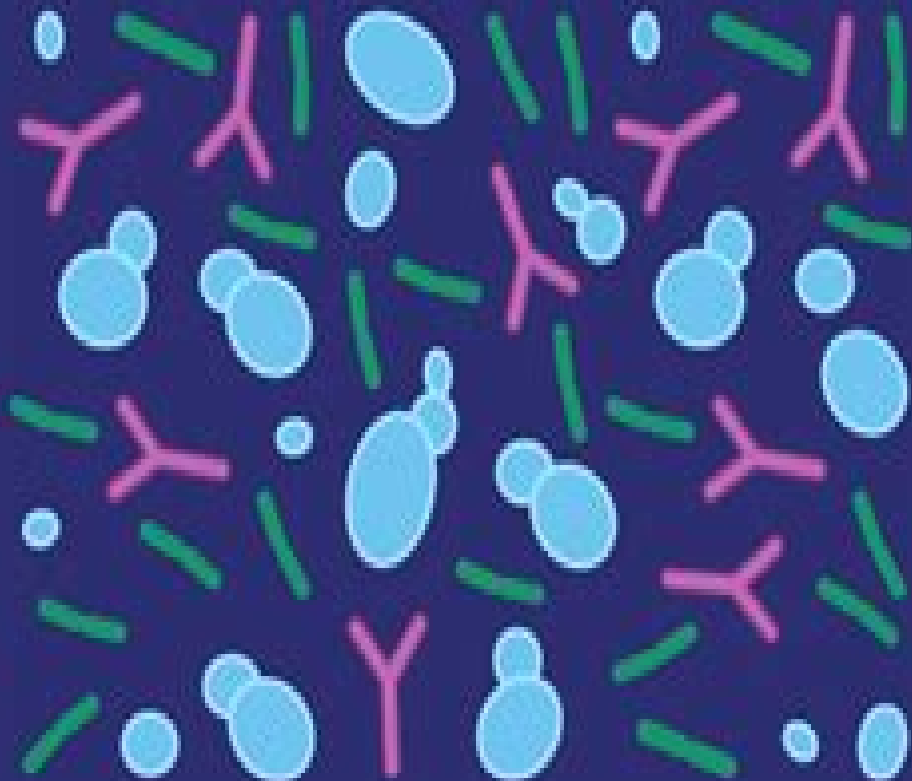


probiotics

live microbes
that can provide health
benefits when taken in
sufficient amounts



prebiotics

food for the microbes
that provide
health benefits



Protecting Your Health With Probiotics The Friendly Bacteria

**Brenda Watson, C.N.C., Leonard Smith,
M.D., Jamey Jones, B.Sc.**



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consultant and digestive health expert Brenda Watson offers an insightful perspective on the little known connection between weight gain and an underlying imbalance of bacteria in the gut or what she calls the gut factor the overlooked root cause of weight gain Drawing upon the latest scientific research Brenda illuminates the inner workings of the digestive system and provides instructions for achieving a healthy bacterial ecosystem that spurs weight loss by enabling the body to absorb fewer calories from food experience reduced cravings and store less fat The premise is simple curtail sugar consumption and its surprising sources and eat more healthy fats living foods and protein to balance the gut bacteria The result A skinny gut The Skinny Gut Diet centers around an easy to follow diet plan A 14 day eating plan dozens of delicious recipes and sage advice help you achieve and maintain digestive balance and sustained weight loss With inspiring real life stories of ten individuals who transformed their health on the Skinny Gut Diet Brenda empowers you to become your own health advocate so that you can finally shed unwanted pounds and enjoy optimal health and vitality **The 28-Day**

Immunity Plan Rosemary Conley,2020-08-06 MAKE YOUR BODY FEEL FIGHTING FIT IN JUST 28 DAYS The perfect way to get healthier and into shape If you re fed up with feeling tired and want to lose some weight then The 28 Day Immunity Plan is for you BELLA A strong and healthy immune system is important at any age especially if you re over 65 and now more than ever it s vital to protect yourself from illness _____ Renowned diet and fitness expert Rosemary Conley CBE has created a simple and effective 28 day plan specifically aimed at doing just this Her specialist guidance will help you boost your immunity lose excess weight and increase your chances of living a longer fitter and healthier life This essential guide includes practical nutritional advice what to include in your diet to promote good health including good gut health which is increasingly being linked to immunity as well as a no fuss easy to follow daily eating plan These delicious defence boosting recipes include Ginger beef stir fry Tandoori salmon with spicy noodles Horseradish fish pie Beef and ale stew Thai sweet chilli chicken Spicy butternut squash soup Rich mushroom tagliatelle Tomato basil and lemon penne Aubergine tagine with couscous And much much more What s more you will also learn from highly respected fitness expert Mary Morris MSc exactly how regular exercise supports the immune system by strengthening your muscles bones and boosting your circulatory system Her safe and progressive exercise programme encourages you to take small and achievable steps towards better fitness no matter what level you re starting from With almost 50 years experience in helping people transform their body and health Rosemary and Mary have condensed their joint expertise into this simple and accessible plan so you can become fighting fit from home in less than a month *Arcepathy the Whole Medical System* Lynette Barnard,2020 This is not a study on archaeology or the history of ancient civilisations My foremost intention is not to inform you about Traditional Chinese Medicine Indian Ayurvedic Medicine shamanism a Paleo diet vegetarianism or raw foodism but the emphasis is on the fact that those who exercise discipline in their particular fields whether tradition or lifestyle do so with all their might I want you to radiate this attitude in your present lifestyle diet and future life expectancy Pythagoras puts it so well salt is born

of the purest of parents the sun and the sea **Probiotic Rescue** Allison Tannis,2010-02-11 Probiotic Rescue is your road map to the safe and effective use of probiotic supplements for health and disease prevention Donald J Brown N D Probiotics will improve your health It has long been understood that probiotics can help calm and heal nearly any digestive complaint including bloating and indigestion irritable bowel syndrome celiac disease and more But did you know that the most cutting edge research shows probiotics can help to prevent or treat cancer improve your skin and avoid osteoporosis and heart disease With health benefits for people of every age probiotics are the most important nutritional breakthrough of the century In this outstanding comprehensive resource you will find chapter by chapter scientifically supported disease treatments and credible information you can trust specific strains of probiotics recommended for treatment of your individual health concerns a complete resource of probiotic foods and supplements including the newest information about products soon to be released in North America and a totally unbiased buying guide for food and supplements to help you add probiotics to your day to day life

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