

5 Simple Tips For GOOD GUT HEALTH



Add Variety

A rich array of wholesome foods from all the food groups regulate good gut health



Probiotics

Yogurt, fermented foods and beverages rich in probiotics balance gut friendly bacteria and prevent digestive disorders



Prebiotics

Onions, banana, almonds and chickpeas acts enhance prebiotics and strengthen the immune system



Portion Size

Always practice mindful eating habits, enjoy and relish each bite of food to refrains from overeating



Fibre Rich Foods

Fresh fruits, vegetables and whole grains promotes bowel health

Natural Guide To Better Health

DR. RAJEEV SHARMA



Natural Guide To Better Health:

A Woman's Guide to Better Health and Beauty , A Guide to Better Health Yehonatan Sraya,2003 Draws from both the Western scientific objective perspective of medicine as well as the Eastern philosophical Chinese perspective and cure The author uses a step by step approach designed to help the reader work on him herself to become a healer in the true holistic sense Includes charts and diagrams relating to Reflexology Meridian Channels Shiatsu Chinese Massage and Acupressure Special sections on Children s Ailments Nutrition Medicinal Herbs and Exercise **Living a Healthier Life Naturally: Your Guide to Better Well-being** Pasquale De Marco, In an era where health and well being are paramount Living a Healthier Life Naturally Your Guide to Better Well being emerges as a beacon of wisdom offering a comprehensive and holistic approach to achieving optimal health Delving into the depths of natural living this book unveils the secrets to a vibrant and fulfilling life empowering you to embrace nature s healing touch and unlock your full potential Step into a world where nature and well being intertwine where simple changes in your lifestyle can lead to profound improvements in your overall health Discover the benefits of incorporating natural elements into your daily routine from choosing whole unprocessed foods to harnessing the healing power of herbs Embark on a journey of self discovery as you explore the mind body connection learning to manage stress cultivate inner peace and find purpose and meaning in life With Living a Healthier Life Naturally you ll embark on a transformative journey that encompasses every aspect of your well being Explore the world of natural remedies discovering safe and effective solutions for common ailments Delve into the importance of quality sleep uncovering the secrets to a restful night s slumber and addressing common sleep disorders Empower yourself with knowledge understanding the latest health trends and critically evaluating health information As you progress through the chapters you ll gain a deeper understanding of the interconnectedness of your physical mental and emotional health Learn to create a sustainable healthy lifestyle one that aligns with your unique needs and aspirations Navigate health challenges with resilience and grace finding strength and support in the wisdom of nature Join the growing movement of individuals seeking a more natural and fulfilling way of life With Living a Healthier Life Naturally you ll unlock the secrets to a healthier happier and more vibrant life Embrace the transformative power of nature and embark on a journey of self discovery and well being today If you like this book write a review *The Complete Idiot's Guide to Natural Remedies* Chrystle Fiedler,2009-01-06 It s amazing what a little peppermint and a couple of walnuts can do The health conditions Everything from heart disease cancer and migraines to insomnia PMS and allergies The remedies Fish oils peppermint lavender blueberry yogurt and old fashioned vitamin C This is a complete reference book for readers who want scientifically researched recommendations for the best all natural treatments for specific conditions presented in an easy to follow format Covers complaints and ailments from high blood pressure to bug bites Each treatment based on the latest scientific research Includes natural remedies from herbs and supplements to traditional Chinese Medicine Arranged by specific ailment or disorder *A Complete Guide To*

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