

Gut Solutions By Brenda Watson

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Gut Health= Flat Stomach, Healthy Brain. \u0026amp; More!

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This book and Brenda Watson became like my best friends during that difficult and painful time. I live in a small town with little access to alternative or integrative medicine, so the info in this book was invaluable. The authors thoroughly explain the entire digestive system, how it works, afflictions that affect the various organs, etc, and how to treat each with conventional and ...

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So feeding your gut Fiber is the answer. Pre and Probiotics are a good suggestion from her too. Once you aim for 35 grams of fiber a day you are full and no need to have protein in the amounts she has mentioned. If you would like to work on your microbiome read the micro biome books.

The Skinny Gut Diet: Amazon.co.uk: Watson, Brenda, Smith M ...

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Brenda Watson, C.N.C. is an authority on nutrition, digestion, internal cleansing and detoxification. A New York Times best-selling author and public television educator, she validates why digestive health is the foundation for total-body health. Her new book, Skinny Gut Diet \u2013 Balance Your Digestive System for Permanent Weight Loss \u2013 debuts this Fall.

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Brenda Watson For over 20 years, Brenda Watson has dedicated her career to helping people achieve vibrant, lasting vitality through improved digestive function. A dynamic digestive care advocate and celebrated PBS-TV health educator, she is among the foremost authorities in America on optimum nutrition and digestion, natural detoxification methods, and herbal internal cleansing.

Gut Health Has Impacts On The Brain Learn More About Gut ...

In The Skinny Gut Diet, New York Times bestselling author, public television icon, certified nutritional 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"\u2014the overlooked root cause of weight gain. Drawing upon the ...