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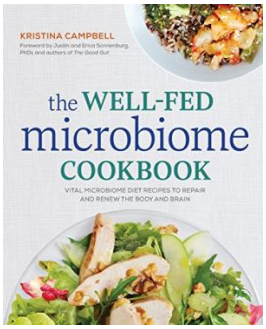

Rockridge Press, 2016. Paperback. Condition: New. Language: English . Brand New Book. Kristina Campbell has created an easy-to-follow roadmap that translates the exciting science on the microbiota into an actionable path to improve the state of your gut. ?Justin Sonnenburg, PhD Erica Sonnenberg, PhD, bestselling authors of The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-term Health GI discomfort, weight gain, and other debilitating symptoms are often signs of an imbalanced microbiome. Leading-edge studies show that...

Read PDF The Well-Fed Microbiome Cookbook: Vital Microbiome Diet Recipes to Repair and Renew the Body and Brain (Paperback)

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