



Clean Gut And Sugar Detox Box Set: Gut Balance Reset & Sugar Detox Diet

Amanda Hopkins

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Clean Gut And Sugar Detox Box Set (2 in 1)

Clean Gut: How to Restore Gut Balance to Improve Digestive Health, Boost Metabolism and Lose Weight

Do you struggle with bloating, constipation or depression? Are you dealing with a chronic intestinal infection? Get the help you need from *Clean Gut: How to Restore Gut Balance to Improve Digestive Health, Boost Metabolism and Lose Weight*.

The typical human has 100 trillion microorganisms living in his or her gut. Recent studies have shown that these microbes, primarily bacteria, play a vital role in promoting and protecting overall health. They can help your body stave off infections, expedite natural toxin removal processes and facilitate the breakdown of complex carbohydrates.

It is important to note, however, that not all gut bacteria are good for the body. There are both good and bad bacteria that fight for space in the digestive tract. When the balance of these organisms is disrupted, a variety of health issues can occur, including obesity, anxiety, intestinal distress and depression.

This book will give you the latest information on how gut balance can be restored. By reading this book you'll learn:

- **Why the gut is commonly referred to as the body's second brain**
- **What gut flora is and what causes imbalance in gut flora**
- **The common symptoms and harmful effects of gut dysbiosis**
- **How to choose the right foods for restoring gut balance**
- **What probiotics, prebiotics and fermented food are and how these help**
- **Healthy and all-natural strategies for improving the health of your gut**

Once your gut health improves, you'll start seeing impressive changes in your overall well-being. Physically, you'll start dropping pounds and you'll have far more energy. Mentally, anxiety and depression will no longer be an issue.

Order your copy of this essential book right now!

Read these two books for FREE on Kindle Unlimited – Download

Now!

Sugar Detox: Sugar Detox Recipes to Beat Sugar Addiction, Lose Weight and Achieve Optimal Health

Do you regularly struggle with sugar cravings? Are you ready to learn more about sugar detox?

Recent research has shown that sugar can be just as addictive as drugs like heroin and cocaine. You may have a sugar addiction without even realizing it given that sugar is present in a vast range of foods and beverages including cookies, candy, ice cream, juices, soda and even bread. Eating excessive amounts of sugar can result in problems like weight gain, tooth decay, diabetes and hypertension.

Sugar Detox shares the most effective strategies for detoxing your body from sugar and its many harmful effects. When you read this book you'll discover:

- **Why so many people constantly crave sugar**
- **The health effects of being addicted to sugar**
- **Why sugar detox is so important**
- **Tips on performing a successful sugar detox**

You'll also get:

- Breakfast recipes for sugar detox
- Lunch recipes for sugar detox
- Smoothie and snack recipes for sugar detox
- Dinner recipes for sugar detox

Sugar Detox is an invaluable tool that will help you improve your health and avoid the many short and long-term illnesses that sugar addiction creates. Detoxing from sugar will show you how good it is to live a healthy, happy life that is absolutely free of refined sugar.

Get your copy of Sugar Detox right now!

Order Your Copy of *Clean Gut And Sugar Detox Box Set* Today!

TAGS: gut balance, sugar detox, gut health, gut flora, probiotics books, probiotic diet, prebiotics and probiotics, probiotics revolution, sugar detox for beginners, sugar detox diet, sugar detox recipes, sugar detox plan, sugar detox cookbook, sugar addiction

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Joseph Williams:

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Todd Jacob:

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Margaretta Lee:

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you could have done when you have spare time, in that case why you don't try issue that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Clean Gut And Sugar Detox Box Set: Gut Balance Reset & Sugar Detox Diet, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't obtain it, oh come on its called reading friends.

Mitchell Boone:

In this period of time globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you is Clean Gut And Sugar Detox Box Set: Gut Balance Reset & Sugar Detox Diet this

reserve consist a lot of the information of the condition of this world now. This specific book was represented so why is the world has grown up. The language styles that writer require to explain it is easy to understand. Often the writer made some analysis when he makes this book. This is why this book ideal all of you.

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