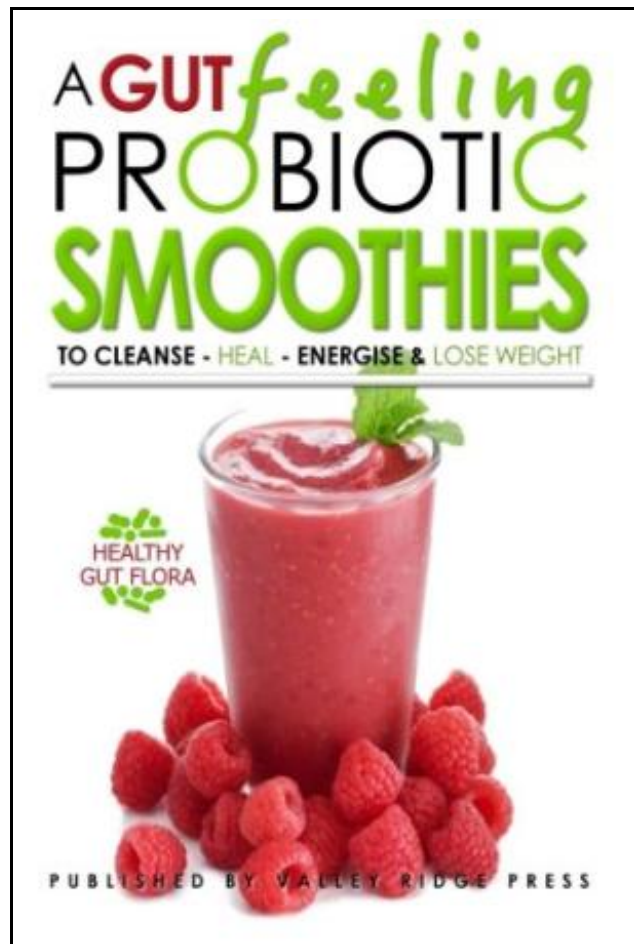


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A GUT FEELING. PROBIOTIC SMOOTHIES TO CLEANSE-HEAL-ENERGISE LOSE WEIGHT. THIS BOOK IS A MUST HAVE FOR ANYONE WHO OWNS A BLENDER!!! PRE-LAUNCH REVIEWS: - 5 STAR ***** A great read! discover the medical research into our gut flora that will significantly change your health.JH 4 STAR ***** At LAST! Delicious Smoothie Recipes loaded with probiotics and superfoods that allow your body the healthy intake of vitamins, minerals and phytonutrients. MA -- Pre launch Review Our gut has an exponential significant effect on the rest of our body, from regulating our hormones, protecting over 75 of our immune system, to communicating chemical messages between our brain s central nervous system through our gut s enteric nervous system. Oliver Michaels shares his research and over 100 Smoothie recipes that will have a dramatic effect on your health. Medical researchers believe that supporting intestinal health and restoring the integrity of the gut barrier will be one of the most important goals in medicine heading into the 21st century. OMG! Are you in for a treat? The author Oliver Michaels takes us on his investigative journey for a healthier diet. His path driven through research has led him to the overwhelming evidence of maintaining our gut health and how this affects our physical / mental health and wellness. What s inside the book? YOU will discover how to make healthy delicious drinks that are charged with Superfoods-Prebiotics and Probiotics. Why we need to cleanse by focusing on gut health. Take the self-test quiz, Do I need to cleanse? Discover The Top 9 power foods for your blender. How to start a 3 or 10 day cleanse with day by day recipes. 100+...



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