



Good Gut Diet: How to Restore Your Digestive System, Eat Healthy, Lose Weight, and Feel Awesome Every Day! (good gut diet, the good gut guide, eat healthy)

Ema Samuel

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Western society is under attack from our own bodies. In particular our gut is causing us a travesty of problems; from bloating and gas, to diarrhea, constipation and even abdominal pain. Furthermore, your bowels may be culpable for more than you could imagine – your mood and weight may be directly influenced by your gut flora and how you manage them.

This eBook is aimed to equip individuals with the knowledge and understanding of how to maintain a good gut diet. Learn about the foods and food types that contribute to gastrointestinal health; what they do, where to find them and how much you need. Likewise this book gives you insight into all the problems the bowels can cause – such as gut disease and disorder – and what you should be consuming or avoid to solve them. If your gut is giving you grief, than this eBook may be your salvation.

The topics covered in this eBook are as follows:

- Probiotics & Prebiotics
- The Effect of Gut Flora On Weight
- Sources of Prebiotics
- Fiber
- Mood
- Gut Disease & Gut Disorders

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