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MATA YULIANA

You Are NOT What You Eat Better Digestive Health in 7 Simple Steps Although we're commonly told 'You are what you eat', we are, in fact, only what we digest. And according to research, many of us are not digesting very well. Bloating, gas, headaches, fatigue ... food sensitivities, arthritis, skin problems - a growing number of conditions are being linked to improper digestion. And up until now, our focus has been on changing "what" we eat. In a fascinating blend of the latest medical science along with powerful ancient techniques, "You Are NOT What You Eat" offers a fresh approach - a clear roadmap for changing HOW we eat: 7 Simple Steps that can lead you to more energy, vibrant health, and the ability to eat anything you want again by enhancing one of your body's most vital functions - digestion. Highly acclaimed by doctors, clinical nutritionists, and other health care professionals, this is truly a book for anyone who eats food. Did you know: 70% of your immune system is located in or near your digestive tract. Eating between meals might shorten your life. There's a brain in your gut that could challenge the one in your head to a chess match. 8 glasses of

water a day could be bad for your digestion.

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