



## The Healthy Gut Bacteria Cookbook: Using Prebiotics and Probiotics for a Naturally Efficient Digestive System

By Carolyn Humphries

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Healthy Gut Bacteria Cookbook: Using Prebiotics and Probiotics for a Naturally Efficient Digestive System, Carolyn Humphries, This book focuses on eating certain foods as part of a normal, healthy diet, to help improve the digestive system. Eating higher levels of fibre, naturally fermented foods and those that contain probiotics or prebiotics means that good bacteria is encouraged to grow in the gut, leading to waste products being eliminated more efficiently. With a helpful and clearly explained introduction setting out what foods should be eaten and how to add quick-fix pre- and probiotic foods to your meals, the book also offers a two-week eating plan and over 100 ideas and recipes for dishes that are packed with the right foods to balance your diet.

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