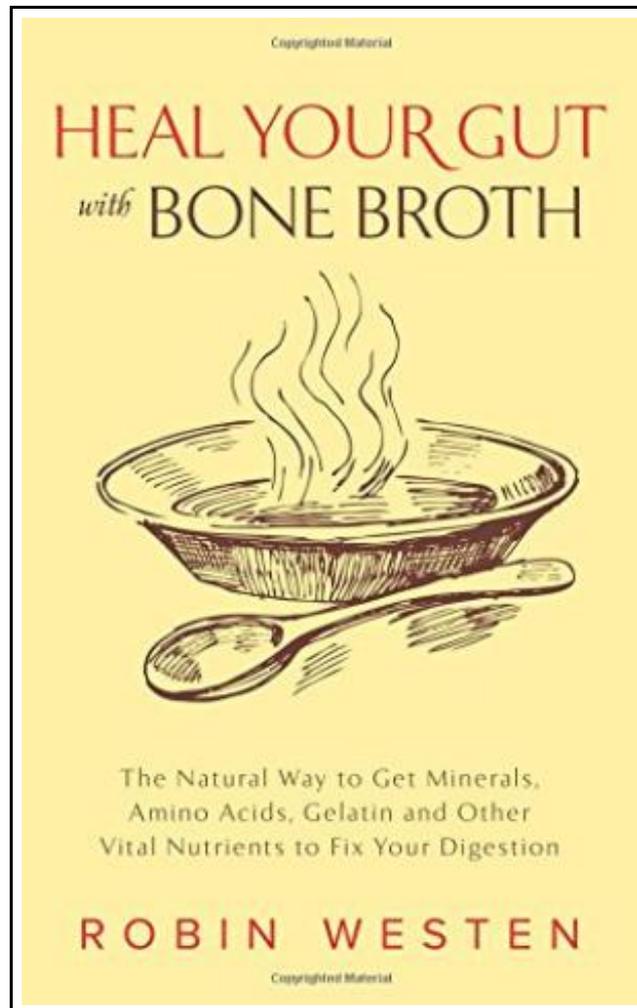


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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Heal Your Gut with Bone Broth: The Natural Way to Get Minerals, Amino Acids, Gelatin and Other Vital Nutrients to Fix Your Digestion, Robin Westen, A PROGRAM TO BALANCE DIGESTIVE HEALTH IN SEVEN DAYS USING TRADITIONAL QUICK-AND-EASY BONE BROTH REMEDIES The key to a healthy, happy stomach starts with bone broth. Used by our ancestors for centuries, broth restores and promotes the healthy bacteria crucial for pain-free digestion. Heal Your Gut with Bone Broth unleashes these ancient, healing powers to conquer discomfort with a seven-day program, including: *Essential mineral information *Easy-to-follow daily meal plans *Simple, organic recipes *Trigger foods to avoid *Tips for long-term health Designed to quickly relieve tummy troubles, this book also details the added benefits of broth, including stronger bones, younger skin, healthy hair and weight loss.

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