

Health starts in the gut, your second brain.

If you have digestive issues such as bloating, indigestion or heartburn after meals, or tend towards constipation or IBS – or you simply don't feel energised by your food – *Improve Your Digestion* will show you how to tune up your gut. It offers an easy-to-follow road map that will help you achieve perfect digestion, absorption and elimination, which means you'll experience better health and disease resilience, and a new level of vitality.

Improve Your Digestion unravels the complex workings of the digestive system. Fascinating and practical, this comprehensive guide explains how to:

- Banish bloating and constipation
- End indigestion and heartburn without drugs
- Identify and reverse hidden food intolerances
- Solve IBS and inflammatory bowel disease
- Conquer candidiasis and other gut infections
- Restore healthy digestion with foods that heal
- Balance your gut bacteria and make your own probiotics
- Build your resilience to stress – a crucial factor in achieving good digestion

Improve Your Digestion also includes an action plan for a healthy gut, as well as tips on the digestive supplements you may need. You'll learn which foods are digestion-friendly and discover the art of 'gutstronomy' – how to prepare delicious, gut-friendly breakfasts, main meals and snacks, guided by kitchen wizard Fiona McDonald Joyce.

Make your gut your friend and it will reward you with better health.



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HEALTH

