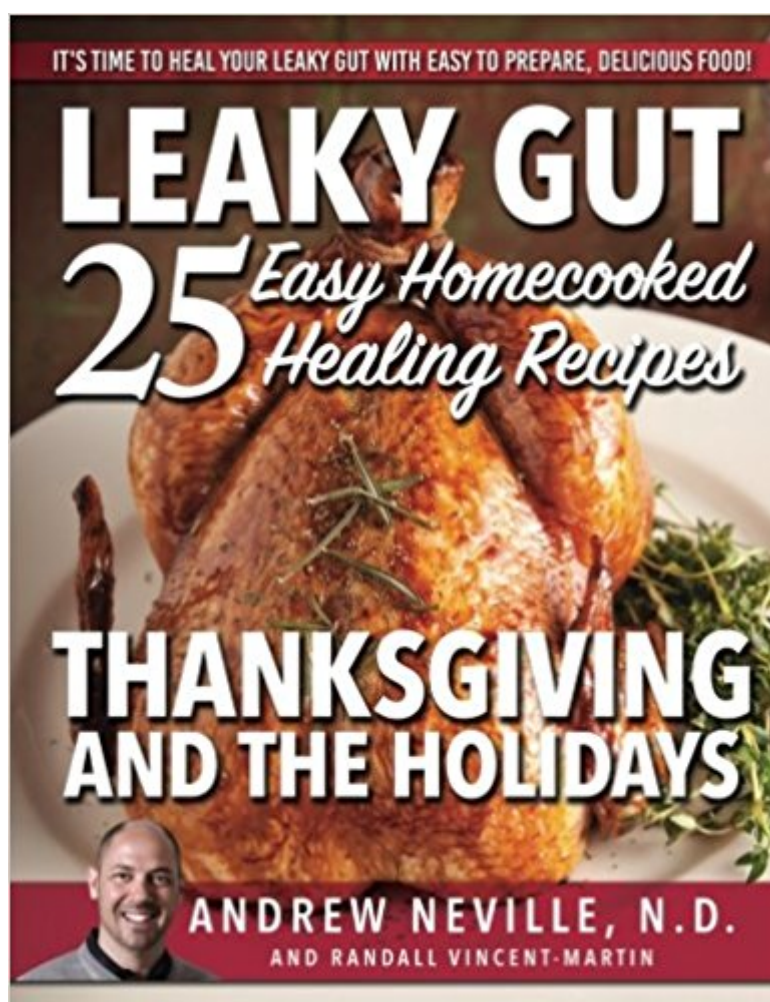


The book was found

Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food!





Synopsis

AT LAST! | An Expertly Curated Collection Of Delicious & High-Nutrient • Twists On Everyone's Top Thanksgiving Meals & Treats... That Can Actually Help To Heal Your Leaky Gut. Better Yet, You Can Tuck Into These Versatile, Flavor-Filled Favourites All Year Round | With No Fear Of Pain Or Discomfort!>>> ACT FAST - SPECIAL INTRODUCTORY PRICE + VALUABLE BONUS

Book Information

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Customer Reviews

These recipes are so easy and taste delicious!

This book is a practical "go to" for any one that wants to understand more about leaky gut issues AND solve the problem of what to eat. The holidays are filled full with eating and celebrating. It is easy to fall into old habits and eat food that plays havoc with with our stomachs and over all well being. Dr. Neville's "Leaky Gut", will show you how to make easy and healthy food without feeling like the celebration was taken out of a good meal!

I have not had a chance yet to try the recipes but they all seem easy to make with readily available ingredients. The beginning of the book provides information on Leaky Gut Syndrome. Each recipe includes prep time, cooking time and servings. Nutritional information is provided. I am not much of a cook so anything that is easy to prepare is essential to me. The brownies look awesome and no wheat flour is used. I am a patient of Dr. Neville's and I can tell you that he is passionate about

helping those with adrenal fatigue. If he recommends this cookbook, that is a glowing endorsement. Give it a try, I am sure that it will help your health.

If you're experiencing leaky gut problems and are finding it difficult to come up with delicious recipes, this book will definitely cheer you up! Ridding your body of candida is hard to do because the diet seems so limited. With these 25 recipes I'm excited about food again and I feel confident I can conquer the leaky gut blues as I now have plenty of scrumptious recipes to choose from. No matter what time of year you're cooking for, this book will keep a smile on your face. :)

Can't wait to start trying these recipes. Well written, easy instructions with beautiful illustrations. Best of all, they contain healthy, tasty ingredients that I can eat and feel good about over the holidays, Dr. Neville did a great job with this book and his explanation of the leaky gut and adrenal fatigue. As a former patient, I know how much he cares about helping people, so am excited to try these recipes over the holidays with my family and friends. Planning to try one out this week.

This cookbook is well laid out. There are pictures and explicit instructions. Most recipes use very little ingredients to make food that is simple, delicious and healthy. I will be making these recipes year round. Highly recommended, especially if you have stomach or intestinal issues.

I have had such a hard time finding different things to eat to heal my leaky gut. This will definitely go to good use and has given me some great new dinner ideas. It will be great to know that what I am eating is healing my gut and not have to second guess myself. As always, well done Dr. Neville!

I am constantly substituting and re-arranging recipes to fit our family's many dietary needs... I was beyond impressed when looking through this book at the clean, healthy, and non-allergen ingredients of these recipes! This is how I cook, and recommend others do as well for their health!! All of the recipes are easy to make, too - an added plus! Beautifully illustrated - I can't wait to try a few of these recipes for Thanksgiving this year!

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Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food! Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Easy Thanksgiving

Cookbook (Thanksgiving Cookbook, Thanksgiving Recipes, Thanksgiving, Thanksgiving Cooking 1)
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