



# **Gut Balance Cookbook: 30 Quick & Easy Recipes To Restore Digestive Health, Boost Metabolism & Lose Weight**

*David Harris*

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If you're confused about what to eat to reduce your unpleasant digestive symptoms and start to lose weight, then look no further.

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- How to eat according to the Gut Balance Restore plan
- Which kinds of foods are best for weight loss
- Which foods will reduce your digestive symptoms
- A great range of delicious recipes with all sorts of tasty ingredients
- Much, much more!

It couldn't be easier to lose weight, boost your metabolism and feel great when you follow these recipes for the 14 day Gut Balance Restore plan.

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