



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

David Harris

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Are you stuck in a dietary rut? Do you want to lose weight but still eat delicious meals?

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

Here Is A Preview Of What You'll Get..

- 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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Cathrine Hart:

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