



The Wonder of Probiotics: A 30-Day Plan to Boost Energy, Enhance Weight Loss, Heal GI Problems, Prevent Disease, and Slow Aging (Lynn Sonberg Books)

John R. Taylor, Deborah Mitchell

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Restore Your Health and Rejuvenate Your Life!

Pathogens and toxins found in our environment and the foods we eat can cause myriad health problems including digestive disorders, yeast infections, allergies, urinary tract infections, dental problems and some cancers. Probiotics-"friendly" bacteria-are the cornerstone of any successful health program because they restore a healthy balance between friendly and "bad" bacteria in the intestinal tract, a balance that is critical for the health of the entire body.

This groundbreaking book reveals how taking the right probiotics-in the form of food and supplements-as part of a daily revitalizing program for overall health or for specific health conditions -- can restore that crucial balance. This remarkably easy to follow nutrition program will energize, and rejuvenate as well as:

- Improve the health your GI tract
- Alleviate allergies and asthma
- Restore your reproductive and urinary tracts
- Bolster the immune system against disease
- Enhance weight loss
- Fight aging

Making probiotics a part of your daily routine will allow anyone to live a healthier, fuller, more vibrant life.

John R. Taylor N.D. is the CEO and president of NWCnaturals.com. He has conducted nutritional courses across the United States and collaborated with the nation's leading authorities on nutrition and probiotics.

Deborah Mitchell is a freelance writer specializing in health, medical and environmental topics. *The Wonder of Probiotics* joins more than two dozen other books that she has written.

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Paul Green:

The reason why? Because this The Wonder of Probiotics: A 30-Day Plan to Boost Energy, Enhance Weight Loss, Heal GI Problems, Prevent Disease, and Slow Aging (Lynn Sonberg Books) is an unordinary book that the inside of the publication waiting for you to snap it but latter it will shock you with the secret it inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content interior easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have got such as help improving your ability and your critical thinking method. So , still want to delay having that book? If I had been you I will go to the reserve store hurriedly.

Sherrie Smith:

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