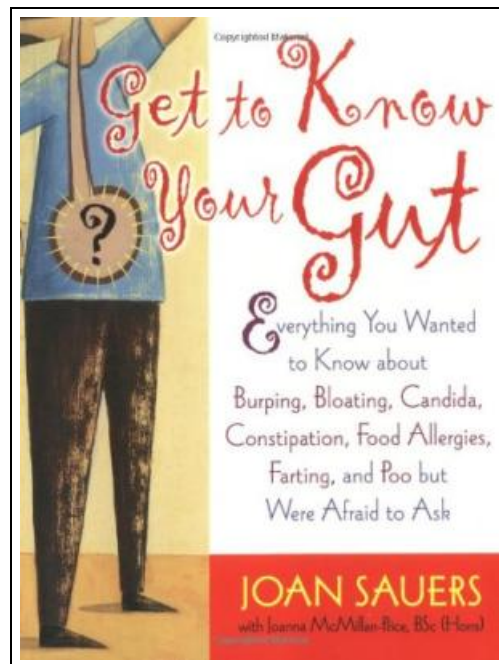


Get to Know Your Gut: Everything You Wanted to Know About Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo



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Reviews

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Cade Nolan)

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Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, Get to Know Your Gut: Everything You Wanted to Know About Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo, Joan Sauers, Joanna McMillan Price, In Get to Know Your Gut, Joan Sauers and Joanna McMillan-Price take a candid, often hilarious look at the inner workings of our gut, explaining to readers why their stomachs act the way they do and how they can avoid many "uncomfortable" situations. This indispensable book breaks down the bathroom door on previously taboo subjects, from bad breath to flatulence and every other digestive function in between, and offers straight answers to those awkward questions we all want to ask but just don't have the nerve--such as, Why do I need to go to the bathroom when I get scared? Why do I get constipated when I travel? What color should my poo be? What makes my breath smell bad?--and much more. Illustrated with useful, easy-to-understand diagrams and filled with lists of what to do and what not to do for a wide variety of tummy troubles, Get to Know Your Gut will help readers understand how their gastrointestinal system works and what they can do to help it run more smoothly and work better.



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