



# Restoring Your Digestive Health:: How The Guts And Glory Program Can Transform Your Life

*Jordan S. Rubin, Joseph Brasco*

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## **Restoring Your Digestive Health:: How The Guts And Glory Program Can Transform Your Life**

Jordan S. Rubin, Joseph Brasco

This title teaches readers how to love their guts and lose the medicine. It provides a revolutionary wellbeing programme for the millions of people seeking a simple, natural lifestyle change to help ease the pain of their debilitating digestive disorders.

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