



Gut Balance: 50 Ridiculously Easy Anti-Inflammatory Recipes Make This THE Ultimate Probiotic Cookbook (Gut Balance Cookbook, Anti Inflammatory Diet)

Andrew Blakehall

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Learn the recipes that will make you feel alive with Vibrant Energy!

Do you feel tired all the time? No energy to do anything? Do your thoughts seem cloudy? Would you rather go to bed early than make love with your partner?

If this sounds familiar, you are not alone:

In today's world of processed, quick fix foods, we have stripped away our bodies natural ability to digest the foods that provide us with the adequate nutrition we need to feel alive. For the past ten years, science has been illustrating the key role that probiotic bacteria play in keeping our bodies in balance. But without a clear strategy and a way to easily prepare foods, you may feel lost and unsure of what to do.

In this book I show you:

- How to prepare simple, probiotic meals
- How to make a few tweaks to meals you already enjoy and make them healthy.
- How to prepare desserts that are both pro-gut and delicious.
- What to buy and what not to buy

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