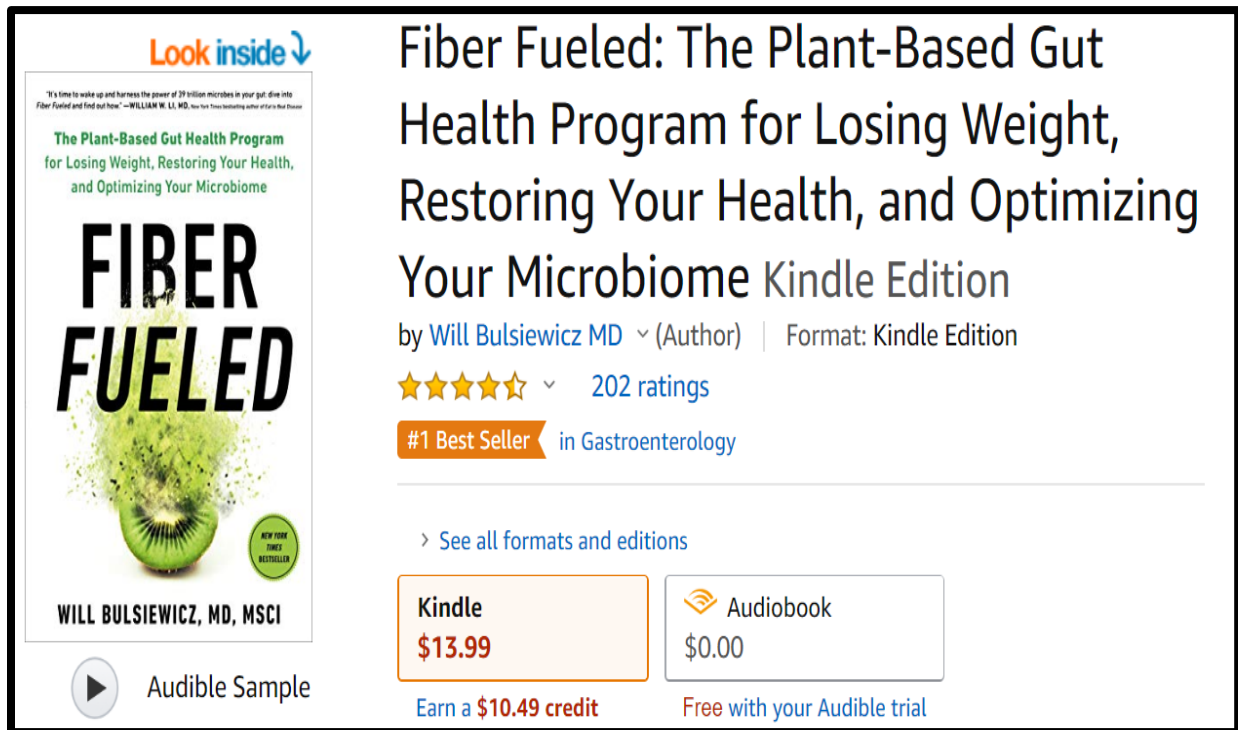


The following two book references will provide you with a better understanding of how the gastrointestinal tract functions and food choices that may improve the composition of the microbes in your intestinal tract.

1. *Fiber Fueled* by Dr. Bulsiewicz
2. *How to Eat* by Mark Bittman and David L. Katz, M.D.

These two books may be purchased at any local bookstore OR from Amazon.com.



Look inside ↓

It's time to wake up and harness the power of 39 billion microbes in your gut: dive into *Fiber Fueled* and find out how. —WILLIAM W. LI, MD, New York Times bestselling author of *Use Your Guts*

The Plant-Based Gut Health Program
for Losing Weight, Restoring Your Health,
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Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome Kindle Edition

by Will Bulsiewicz MD (Author) | Format: Kindle Edition

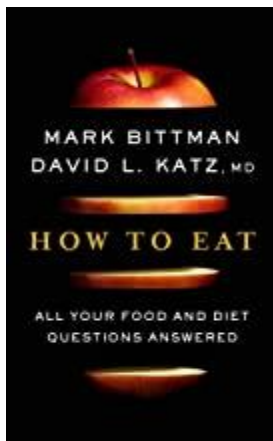
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