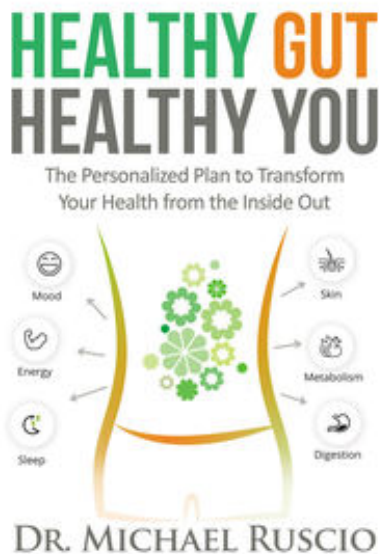


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Over two thousand years ago, Hippocrates said that all disease begins in the gut. Now backed by extensive scientific research, this idea still holds true today. In Healthy Gut, Healthy You, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use

of antibiotics have made our guts—and the essential bacteria they contain—more vulnerable than ever before.

The good news is that almost any ailment—including depression, fatigue, weight gain, autoimmunity, insomnia, and hypothyroidism—can be healed. The key is not just managing the symptoms but treating the root cause: the gut. Restoring this crucial part of your overall health improves the performance of your whole body from the inside out—and it's easier than you think to get started.

You don't have to follow crazy diets or spend a fortune to get healthy. Instead, read this book to discover

- how the gut works and its role in your body,
- practical diet and lifestyle advice to support your gut health,
- simple and actionable tools to repair your gut, and
- an innovative, user-friendly plan to heal, support, and revitalize your gut.

A vibrant, healthy you begins with your gut—start healing your body today!

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