

1. Record Nr.	UNINA9910155083403321
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Titolo	Heal your gut : a healing protocol and step-by-step program with over 90 recipes to cleanse, restore, and nourish // Lee Holmes
Pubbl/distr/stampa	Beverly, Massachusetts : , : Fair Winds Press, , 2016 ©2016
ISBN	9781592337767 1592337767 9781592337545
Edizione	[1st edition]
Descrizione fisica	1 online resource (283 pages) : color illustrations, photographs
Disciplina	613
Soggetti	Detoxification (Health) Self-care, Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	This expert guide will bring your gut back to health with 90 anti-inflammatory recipes. Prepare to feel great again!