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Autore	Hill Mardell
Titolo	Intestinal health : a practical guide to complete abdominal comfort / / Mardell Hill
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ISBN	1-4422-4317-1
Descrizione fisica	1 online resource (253 p.)
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Nota di contenuto	Contents; Acknowledgments; Introduction; Part I; Chapter 1. Digestion Basics; Chapter 2. The Mouth; Chapter 3. The Esophagus; Chapter 4. The Stomach; Chapter 5. The Small Intestines: The Duodenum; Chapter 6. The Liver; Chapter 7. The Gallbladder; Chapter 8. The Pancreas; Chapter 9. The Small Intestines: Jejunum and Ileum; Chapter 10. The Large Intestines; Part II. NUTRITION; Part III. CLEANSING; Closing; Notes; Bibliography; Index; About the Author
Sommario/riassunto	Intestinal issues affect many millions of people - from indigestion to irritable bowel, from GERD to leaky gut, from constipation to gas and diarrhea, no one really ever is totally exempt. This book takes a look at the parts of the body involved in digestive and intestinal health, the problems that often arise, and how to prevent and treat issues when they do.

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Autore	Rodoreda, Mercè
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