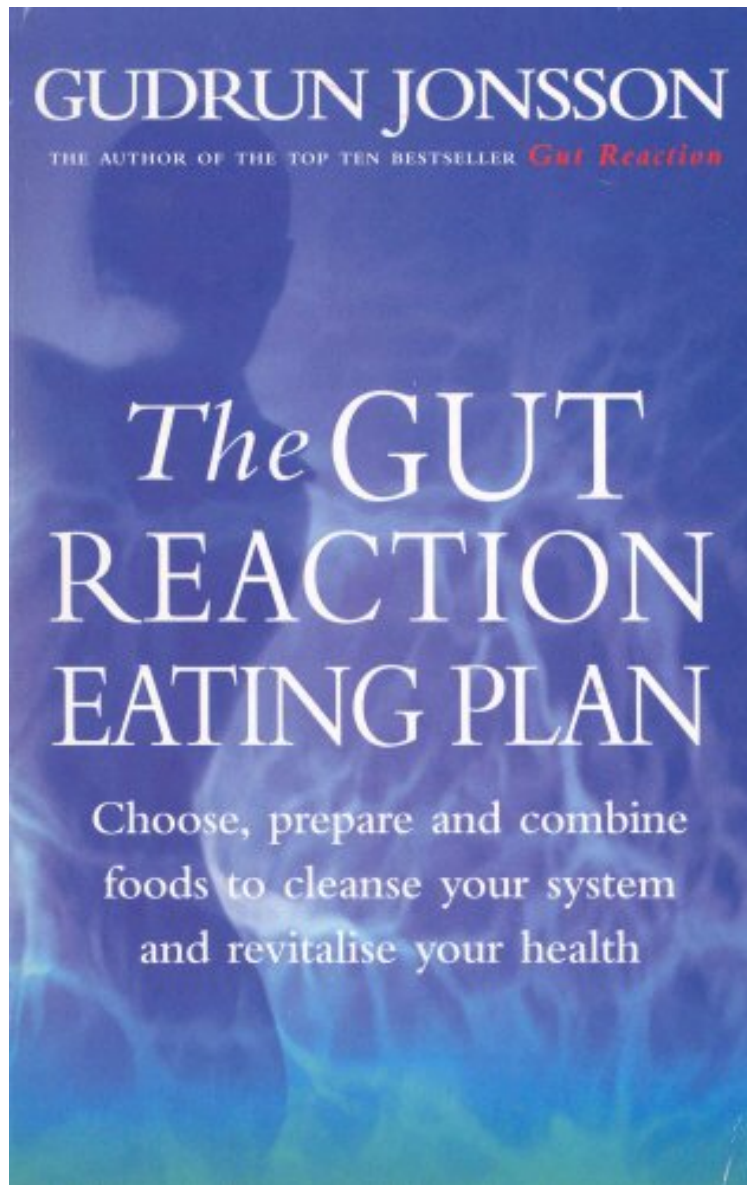


(Download free ebook) Gut Reaction Eating Plan

Gut Reaction Eating Plan

Gudrun Jonsson

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Gudrun Jonsson shows that it is possible to enjoy a delicious and broad range of foods against a background of what may seem chronic difficulties with digestion. Each eating plan is accompanied by a variety of mouthwatering recipes.

From the Inside Flap Gudrun Jonsson shows that it is possible to enjoy a delicious and broad range of foods against a background of what may seem chronic difficulties with digestion. Each eating plan is accompanied by a variety of mouthwatering recipes. About the Author Gudrun Jonsson trained as a Biopath at the Biopath Clinic and Educational Centre in Copenhagen before establishing her practice in London.