



# **The Wonder of Probiotics: A 30-Day Plan to Boost Energy, Enhance Weight Loss, Heal GI Problems, Prevent Disease, and Slow Aging (Lynn Sonberg Books)**

*John R. Taylor, Deborah Mitchell*

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Restore Your Health and Rejuvenate Your Life!

Pathogens and toxins found in our environment and the foods we eat can cause myriad health problems including digestive disorders, yeast infections, allergies, urinary tract infections, dental problems and some cancers. Probiotics-"friendly" bacteria-are the cornerstone of any successful health program because they restore a healthy balance between friendly and "bad" bacteria in the intestinal tract, a balance that is critical for the health of the entire body.

This groundbreaking book reveals how taking the right probiotics-in the form of food and supplements-as part of a daily revitalizing program for overall health or for specific health conditions -- can restore that crucial balance. This remarkably easy to follow nutrition program will energize, and rejuvenate as well as:

- Improve the health your GI tract
- Alleviate allergies and asthma
- Restore your reproductive and urinary tracts
- Bolster the immune system against disease
- Enhance weight loss
- Fight aging

Making probiotics a part of your daily routine will allow anyone to live a healthier, fuller, more vibrant life.

John R. Taylor N.D. is the CEO and president of NWCnaturals.com. He has conducted nutritional courses across the United States and collaborated with the nation's leading authorities on nutrition and probiotics.

Deborah Mitchell is a freelance writer specializing in health, medical and environmental topics. *The Wonder of Probiotics* joins more than two dozen other books that she has written.

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**From reader reviews:**

**Alfred Hoover:**

The book *The Wonder of Probiotics: A 30-Day Plan to Boost Energy, Enhance Weight Loss, Heal GI Problems, Prevent Disease, and Slow Aging* (Lynn Sonberg Books) can give more knowledge and information about everything you want. So just why must we leave a good thing like a book *The Wonder of Probiotics: A 30-Day Plan to Boost Energy, Enhance Weight Loss, Heal GI Problems, Prevent Disease, and Slow Aging* (Lynn Sonberg Books)? A number of you have a different opinion about guide. But one aim that will book can give many information for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or details that you take for that, you may give for each other; you could share all of these. Book *The Wonder of Probiotics: A 30-Day Plan to Boost Energy, Enhance Weight Loss, Heal GI Problems, Prevent Disease, and Slow Aging* (Lynn Sonberg Books) has simple shape but the truth is know: it has great and large function for you. You can look the enormous world by start and read a e-book. So it is very wonderful.

**Gregg Spencer:**

Do you really one of the book lovers? If so, do you ever feeling doubt when you are in the book store? Try to pick one book that you find out the inside because don't determine book by its deal with may doesn't work this is difficult job because you are frightened that the inside maybe not because fantastic as in the outside look likes. Maybe you answer might be *The Wonder of Probiotics: A 30-Day Plan to Boost Energy, Enhance Weight Loss, Heal GI Problems, Prevent Disease, and Slow Aging* (Lynn Sonberg Books) why because the wonderful cover that make you consider in regards to the content will not disappoint anyone. The inside or content is actually fantastic as the outside or maybe cover. Your reading sixth sense will directly direct you to pick up this book.

**Dean Rakestraw:**

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**Christy Fowler:**

What is your hobby? Have you heard which question when you got students? We believe that that query was

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