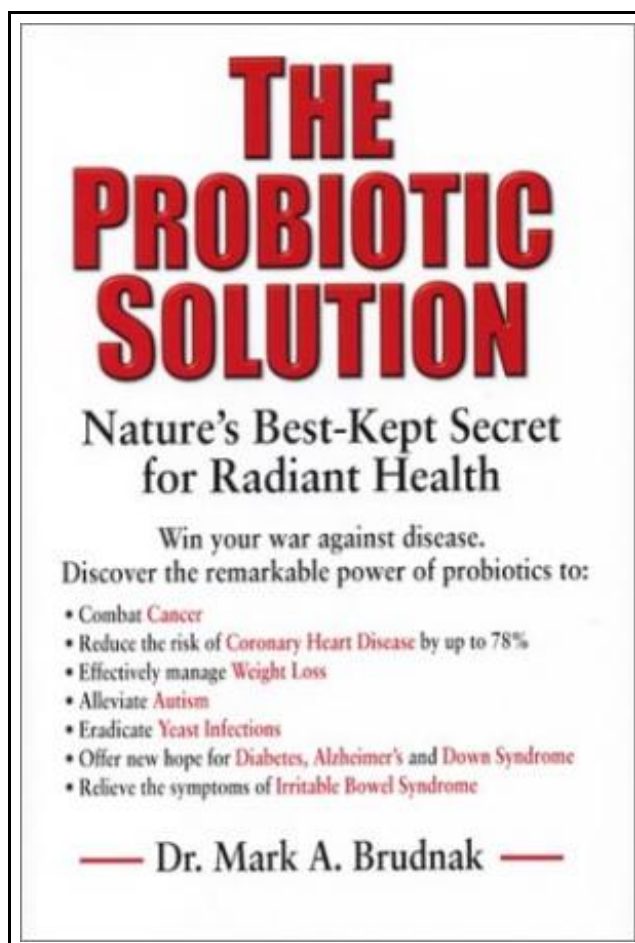


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Dragon Door Publications. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 8.8in. x 5.8in. x 0.5in. Many have claimed : Disease begins in the colon. In The Probiotic Solution, Dr. Mark Brudnak states a greater truth: Disease begins from an imbalance in the body. Good health is a dance on the tightrope of balance. Lose your balance for long enough-and you plunge toward crisis-if not death. Find and maintain balance-and you can enjoy the fruits of a happy, healthy life. Its the law of nature. Whatever causes imbalance, causes ill health-be it cancer, heart disease, autism, diabetes or obesity. We are under constant attack from a host of toxins and bad guys -bacteria and viruses threatening to overrun and overwhelm us, drag us down. Make the wrong diet choices, refuse to protect yourself-and suffer the consequences. The Probiotic Solution shows you how to fight back. Just as firefighters use fire to fight fire, you can use good bacteria to fight bad. Those good bacteria are known as probiotics and exist naturally in the human body. Probiotics are your friend and your weapon, your key to good health and your counter-balance against the destructive forces undermining your health. While popular fermented products like yogurt do contain probiotics, they are not enough to protect us from the levels of toxins we now endure. It would be like pitting peashooters against tanks. Fortunately, powerful designer probiotics have now been created, which give you greater, more powerful protection against specific diseases-while enhancing your energy and well being. But, in this brave new science of probiotics, how do we choose safely, how do we know what to use and when The Probiotic Solution gives you the keys to the probiotic kingdom-showing you how best to take advantage of natures best-kept secret for radiant health -and continue...

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