



# Heal Your Gut with Bone Broth: The Natural Way to get Minerals, Amino Acids, Gelatin and Other Vital Nutrients to Fix Your Digestion

*Robin Westen*

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**A PROGRAM TO BALANCE DIGESTIVE HEALTH IN SEVEN DAYS USING TRADITIONAL QUICK-AND-EASY BONE BROTH REMEDIES**

The key to a healthy, happy stomach starts with bone broth. Used by our ancestors for centuries, broth restores and promotes the healthy bacteria crucial for pain-free digestion. *Heal Your Gut with Bone Broth* unleashes these ancient, healing powers to conquer discomfort with a seven-day program, including:

- Essential mineral information
- Easy-to-follow daily meal plans
- Simple, organic recipes
- Trigger foods to avoid
- Tips for long-term health

Designed to quickly relieve tummy troubles, this book also details the added benefits of broth, including stronger bones, younger skin, healthy hair and weight loss.

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