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How To Fix Your Gut " Ben Greenfield Fitness

January 14th, 2019 - As my toes dug into the Spanish sand part of my body anticipated the blasting air horn that would start the 2012 Long Distance Triathlon World Championships and send me sprinting out into the water for a grueling 2.5 mile swim 75 mile bike and 19 mile run

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December 29th, 2018 - The reason for this is that your brain is a closed system protected by the blood brain barrier which controls what can go through and what cannot In a previous animal study 8 Dr Nedergaard showed that the brain actually has its own unique waste disposal system similar to that of the lymphatic system

liver detox Functional medicine for thyroid brain and

January 12th, 2019 - Did you know your liver can play a role in inflammation leaky gut food sensitivities chemical sensitivities and autoimmunity Tending to liver function and liver detoxification is a vital part of functional medicine protocols to address chronic health issues

6 Secrets to a Sustainable Detox The Enquirer Newspaper

January 7th, 2019 - A detox which takes into account your gut health will also be a more sustainable one Naturopathic nutritionist Julie Haigh shares her top tips on how to stay on the right detox track Naturopathic nutritionist Julie Haigh shares her top tips on how to stay on the right detox track

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