

Herbal Medicine: Evidence-Based Medicinal Plants For

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Synopsis

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It's all about the gut feeling! Discover the power of edible wild medicinal plants to help heal your gut health, supported by science. Great for beginners!

If you're new to herbal medicine, unsure which medicinal plants and herbs are actually good for digestive health, and want to discover their effectiveness based on scientific fact, then this guide is for you. According to the NIH, one of the best ways to help heal the gut is through diet. Take it to another level by strategically using medicinal plants and plant based foods proven to have powerful gut health benefits!

In this guide, you'll explore:

- Why gut health is a lot more important than most people think
- Most common gut health challenges in the US today
- How modern science today ties back to gut medicinal plants usage through history
- The best herbal remedies for IBS
- Effective plants to help ease ulcerative colitis, celiac and GERD
- Powerful stomach-calming solutions
- Best plants to aid healthier and more efficient digestion
- Plants with insane antioxidant and anti-inflammatory action
- When to watch out for dosage and medication clashes
- Surprising ways to use and prepare gut health plants for maximum effectiveness
- Bonus:** Which plant remedies are safe for gut health in babies and pets
- Bonus:** Make your own stomach-soothing elixir (including juicer-free recipes!)

Ready to start looking after your gut health?

Want a useful list of plants and herbs you can use strategically to help you do that?

If you'd love to experience better digestion, less heaviness, relief from some unpleasant symptoms, a calmer stomach, and to feel more energized as a result, this guide will set you off to a great start.

Check out the listening sample and get your audiobook now!

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