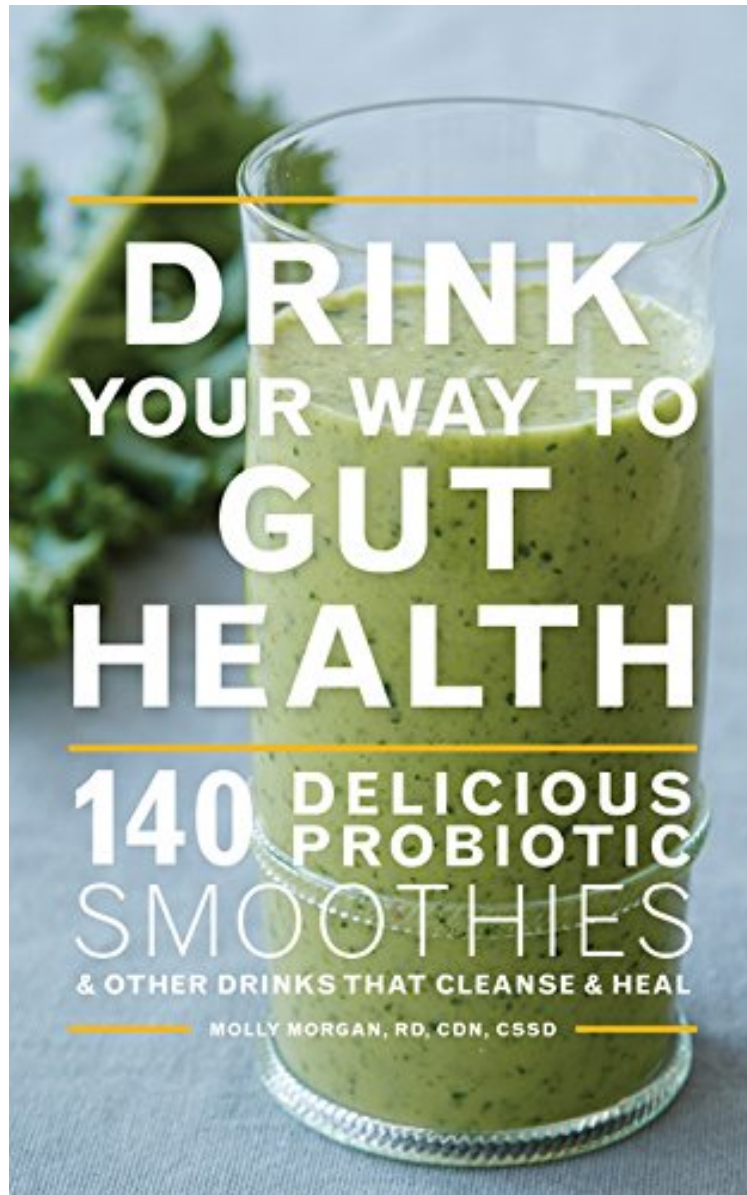


Drink Your Way to Gut Health: 140 Delicious Probiotic Smoothies Other Drinks that Cleanse Heal

Molly Morgan RD CDN CSSD
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Molly Morgan RD CDN CSSD : Drink Your Way to Gut Health: 140 Delicious Probiotic Smoothies Other Drinks that Cleanse Heal before purchasing it in order to gauge whether or not it would be worth my time, and all praised Drink Your Way to Gut Health: 140 Delicious Probiotic Smoothies Other Drinks that Cleanse Heal:

0 of 0 people found the following review helpful. A clear, concise guide with helpful information
By C. Elizabeth
I appreciate so much about this guide. It's very clear and well-organized. The recipes are not complicated and provide a large variety of ideas, perfect for different tastes. I was encouraged to try my own fermented beverages - in my case, ginger beer, and I really liked the outcome! I really appreciate the approach of ways to add options that add nutrients to different types of drinks - smoothies, carbonated fermented drinks, more sweet choices, even cocktails!
4 of 4 people found the following review helpful. Drink Your Way to Gut Health.
By D. Payne
The book is interesting. Many of the recipes require ingredients not easily found. However there are some good ones in the book.
1 of 1 people found the following review helpful. the author has some amazing knowledge to share
By M Russell
There was a recipe in here for every one in my family! Many have become nightly traditions!! There's more to this book than just the recipes, the author has some amazing knowledge to share.

Easy, healthy drinks and smoothies made with kombucha, kefir, yogurt, almond milk, and more
These days, it seems everyone is always talking about juicing, cleanses, and smoothies. In *Drink Your Way to Gut Health*, Molly Morgan, a Certified Specialist in Sports Dietetics, brings credentials and extensive knowledge to the topic with 140 healing drink recipes based on kefir, yogurt, kombucha, almond milk, and ginger beer. The beverages, organized by chapters like Energizing, Nutrient-Rich, and Detoxifying, not only work against a variety of ailments like type 2 diabetes, allergies, and obesity, but are delicious too. Just look at the Blueberry Cinnamon Crush and the Macaroon Smoothie! Other bonus materials included in the book are nutritional data, health tips, resource lists, and shopping guides, making it an indispensable resource for those looking to improve their gut health.

About the Author
MOLLY MORGAN is the author of *The Skinny Rules* and *Skinny-Size It* and founder of Creative Nutrition Solutions. Molly works with the media, athletes and pro sports teams, and Fortune 500 companies, and is a Board Certified Sports Specialist Dietitian.