



User's Guide to Probiotics: Learn How "Healthy Bacteria" Can Help You Fight Infections and Restore Your Health (Basic Health Publications User's Guide)

PH D Earl Mindell PH.D.

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To the surprise of many people, several pounds of good bacteria populate our digestive tract, help us maintain normal digestion, and protect us against stomach flus, candida overgrowth, and many other types of infection. In this concise book, internationally recognised nutrition expert Dr. Earl Mindell explains the many health benefits of probiotics and how to use them to enhance health.

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