



# **Gut Reaction: A day-by-day programme for choosing and combining foods for better health and easy weight loss (Positive Health)**

*Gudrun Jonsson*

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'On Guðrun's programme I ate more, weighed less and restored my mental clarity' Mary Killen

Most doctors now accept that diet has a profound effect on our overall health and wellbeing. Guðrun Jonsson takes this one step further with her belief that the best diet in the world counts for nothing if you don't digest the food properly. Apparently thousands of us suffer from a range of ailments - from minor bloating after meals to chronic migraine and stress - because we have poor digestion. Using her training as a biopath she passes on her knowledge of the body and explains how to analyze our digestive systems and plan a regime that will improve the overall wellbeing of all of us.



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