



# **Don't Put That In Your Mouth! A Guide to Healthier Living Through Herbs & Diet - 2013 Edition**

*Vince Cordic*

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# Don't Put That In Your Mouth! A Guide to Healthier Living Through Herbs & Diet - 2013 Edition

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## **Don't Put That In Your Mouth! A Guide to Healthier Living Through Herbs & Diet - 2013 Edition**

Vince Cordic

This factual digest will take you through the history of the diet of man and the changes in the foods eaten by us over time and particularly in the last 50 years. You will see why so many people are afflicted with such things as:

1. Irritable bowl syndrome;
2. Chrohn's disease;
3. Ulcers;
4. Abdominal cramps and spasms;
5. Diarrhoea;
6. Constipation;
7. Gall-stones;
8. Kidney stones;
9. Liver disease;
10. Heartburn;
11. Colitis; and
12. Problems with the digestive tract.

It also provides you with guides to determine if you have food allergies or sensitivities and how to combat them. Also mentioned are specialized diets, the importance of juicing, hydrochloric acid and its' importance, digestive enzymes, the importance of water, how sugars and flours affect our digestion, the importance of eating raw foods and drinking juices made by you from fresh fruits, vegetables and herbs, friendly and adverse bacteria, exercise and the importance of herbs in our diets. We have also provided you with a list of the herbs which are most beneficial to you and your digestive tract and how to use them to the best effect.

We hope you buy this book and read it carefully as it is full of information that is so important to us all in today's world. Take a chance to feel healthier and better about yourself.

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