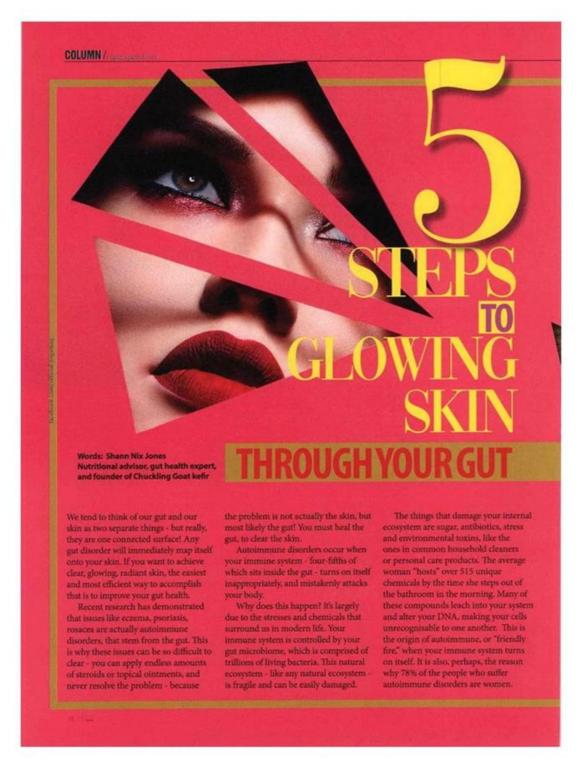
ellow News...

Client: Aubergine Communications Yellow News

Yoga Magazine Source: 01/11/2019 Date:

Page: 38 Reach: 25000 Value: 2814.3200







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So, what can you do to restore healthy, glowing skin and protect yourself from autoimmune disorders eat fibre, and each variety of gut bug consum a different type of fibre. It's difficult to get all including eczema, arthritis, obesity, diabetes, colitis, Crohn's Disease, those different exotic types of fibre into your diet, so a combined prebiotic powder is an anxiety and depression? DRINK THERAPEUTIC-GRADE KEFIR DAILY. This natural multistrain probiotic drink will help restore and repair the living ecosystem inside your gut. Choose an unflavoured, unsweetened kefir made with real kefir grains, for maximum cutting-edge technology allows you to because of the sweeteners and flavourings they contain. Avoid kefir made with cow's milk, as it contains the A1 casein which is allergenic, inflammatory and your gut, and gives you a personalised order to boost your gut microbiome. a member of the Parliamentary Review which means she will help ensure that members of parliament are more before they propose or debate legislation that will affect these industries. They ODUCTS. Clean out your also votes on any major bill going through parliament. Chuckling Goat is proud to work closely with the Institute bathroom cupboards! Take a good hard look at every product that touches your skin, and **SHANN JONES** of Biological, Environmental and Rural Sciences at Aberystwyth University, where extensive laboratory tests have founder of Chuckling Goat you can't pronounce. Replace with items that are free from any dyes, perfumes, business Chuckling Goat, is a nutritional advisor and the UK's go-to gut health expert. Shann and her husband discovered the beriefits of twe active kefs when they been performed on their kehr. Shann has written several books, cementing her position as a gut health expert. These include: Secrets of Chuckling Goat: How a Herd of Goats Saved My Family and Created a Business that Became a Natural boy Benil's eczema, and her husband Richard's antibiotic resistant MRSA infection Chuckling Goat's all-natural Kefir Program, Natural Healing for IBS, Depression and Anxiety, The Good Skin Solution: Natural and applying it to the skin, is designed for people with eczerna, psoriasis, rosacea and inche. Kefir is also a brilliant solution for Meadowsweet leaf, Peppermint leaf, Chamomile flowers and Marshmallow root rebalancing gut health. Shann can provide In 2020, Hay House will publish Shann comment and insights into how a healthy microbiome leads to improving your health and boosting the immune system. www.chucklinggoat.co.uk