



# **The Healthy Gut Cookbook: How to Keep in Excellent Digestive Health with 60 Recipes and Nutrition Advice**

*Marguerite Patten O.B.E., Ph.D. Ewin Jeannette*

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Cookery expert Marguerite Patten and nutritionist Jeannette Ewin tell you everything you need to know about eating for a healthy gut. Includes information about a wide range of gut problems, practical advice on the best food choices and 60 healthy gut recipes.

This invaluable new collaboration between favourite British cookery expert Marguerite Patten and nutritional scientist Jeannette Ewin, authors of the bestselling Eat to Beat Arthritis, takes a look at how diet and nutrition are key factors in creating and maintaining good gut health.

Gut disorders such as IBS and Crohn's disease, as well as more general complaints such as constipation are on the increase. Many of these conditions are due to, or exacerbated by, poor nutrition.

Marguerite Patten, in her introduction, describes her own recent experience of the highly common condition, IBS. She offers 60 delicious recipes that show you how to create tasty and nutritious meals following the nutritional guidelines to ease such digestive disorders.

Jeannette Ewin gives invaluable advice on nutrition for a healthy gut, an explanation of how and why things go wrong and information on self-treatment using probiotics and how medications can affect the gut.



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