

# good for your gut

A PLANT-BASED DIGESTIVE HEALTH GUIDE  
AND NOURISHING RECIPES FOR LIVING WELL



Bestselling author of *Eat More Plants*

Desiree Nielsen, RD

# Good Gut Cookbook

**AW Chickering**



**Good Gut Cookbook:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Good Gut Cookbook** . This emotionally charged ebook, available for download in a PDF format ( \* ), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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