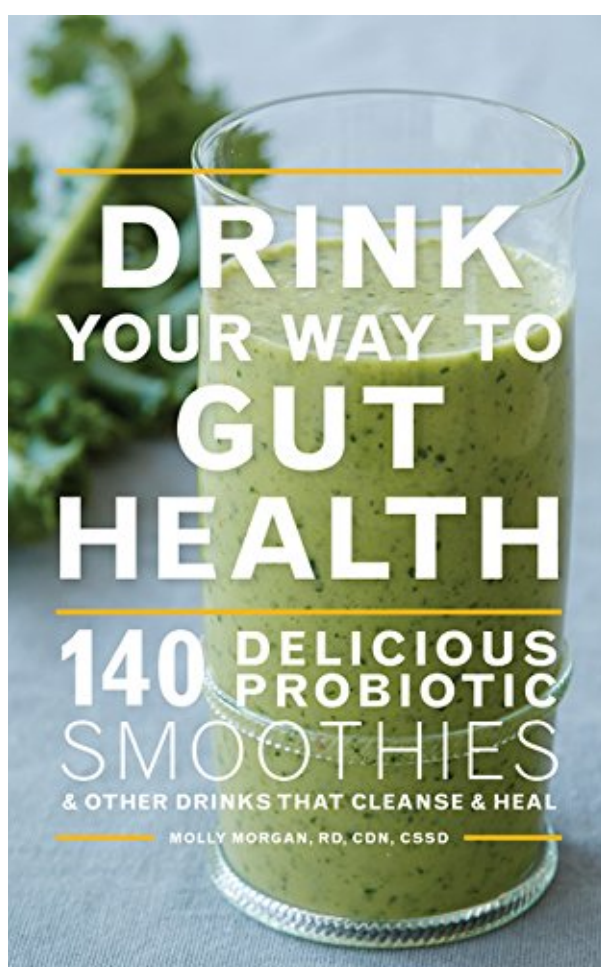
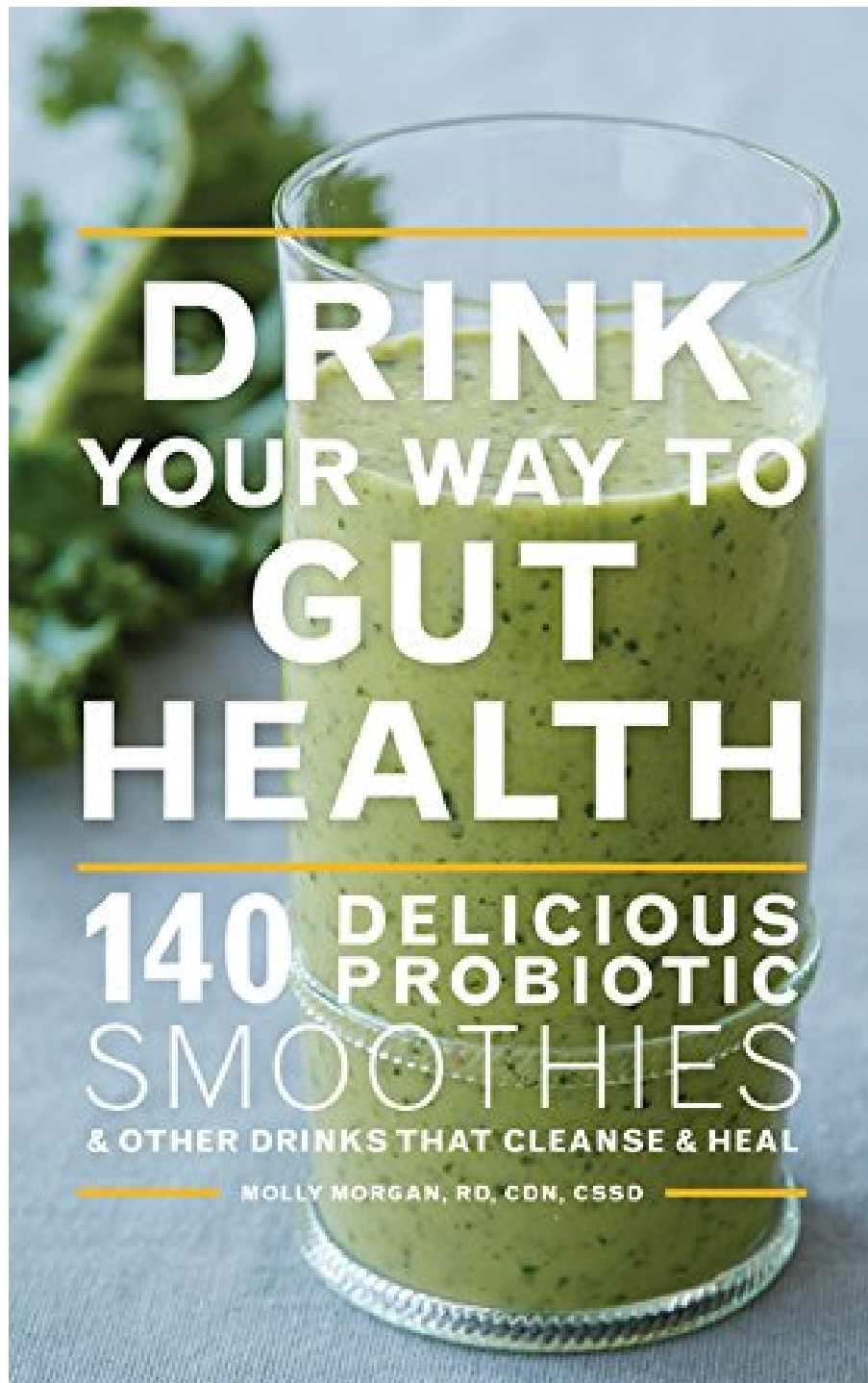


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## About the Author

MOLLY MORGAN is the author of The Skinny Rules and Skinny-Size It and founder of Creative Nutrition Solutions. Molly works with the media, athletes and pro sports teams, and Fortune 500 companies, and is a Board Certified Sports Specialist Dietitian.

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Easy, healthy drinks and smoothies made with kombucha, kefir, yogurt, almond milk, and more

These days, it seems everyone is always talking about juicing, cleanses, and smoothies. In *Drink Your Way to Gut Health*, Molly Morgan, a Certified Specialist in Sports Dietetics, brings credentials and extensive knowledge to the topic with 140 healing drink recipes based on kefir, yogurt, kombucha, almond milk, and ginger beer. The beverages, organized by chapters like Energizing, Nutrient-Rich, and Detoxifying, not only work against a variety of ailments like type 2 diabetes, allergies, and obesity, but are delicious too. Just look at the Blueberry Cinnamon Crush and the Macaroon Smoothie! Other bonus materials included in the book are nutritional data, health tips, resource lists, and shopping guides, making it an indispensable resource for those looking to improve their gut health.

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I can easily whip up a smoothie with ingredients in my freezer ...

By V. Thornton

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Drink Your Wat to Gut Health.

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The book is interesting. Many of the recipes require ingredients not easily found. However there are some good ones in the book.

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