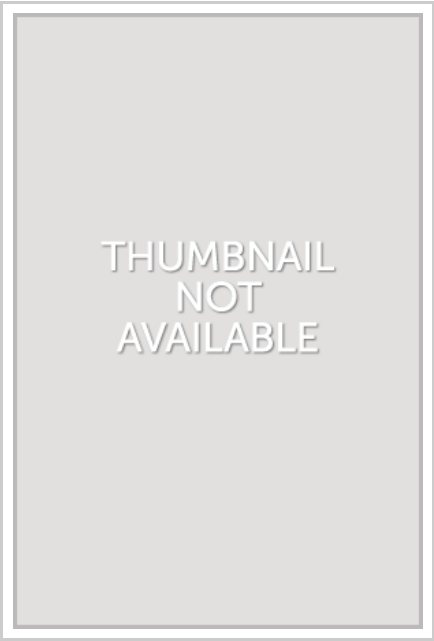



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# It Takes Guts to Be Happy: A 21 Day Cleansing Plan to Heal Your Belly Recharge Your Life (Paperback)

By Julia Loggins

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Did You Know Gut Health is Key to Your Happiness? Toxicity and stress steal our joy. Pain and disease drain our creativity. Ninety percent of the biochemistry that activates happiness is manufactured in your gut. It is time to take charge of your gut health to access the joy, energy and optimism that you have been missing! We come into contact with literally hundreds of chemicals a day. Our bodies were not designed to assimilate or eliminate these toxins, and that is costing our health and happiness. Yet, it is possible to thrive in our modern world! Julia Loggins will teach you how to fight back by cleansing, detoxifying, and regenerating your body and brain. The tools that she developed to save her own life and revitalized clients lives, will energize you and turn back the clock. It Takes Guts to Be Happy! is a perfect companion guide for anyone facing a catostrophic disease, an autoimmune assault, or cancer, as well as chronic and debiliating illnesses like colitis, asthma, and blood sugar issues. This program has been used...

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