

The Next Frontier In Medicine has arrived...

Harvard Scientists Discover A “Forgotten Organ” Can Bring Back Your Youthful Vitality And Energy ... *in a matter of days*^{1,2,3}

Will I ever feel healthy again?

A tired desperate voice came to me begging to hear a **DIFFERENT** answer to the same question she'd been asking for years... Why don't I feel good even when I'm mostly “doing all the right things?”

Sure she had a few of the common complaints... like unexplained weight gain, indigestion, and feeling like she's often on an emotional rollercoaster...



But she was really upset from years of dealing with a "**Mystery**" illness that's kept her feeling restless, weak, unfocused, and exhausted... with visit after visit to multiple doctors, only to be told we don't know what to do...

She just wants help. She just wants to feel **NORMAL**. But she's lost faith that there's any help for her.

Turns out I was her last hope and I promised to do **ANYTHING** to get to the bottom of this mystery.

I searched everywhere. But every time I thought I had the answer, I'd hit a dead-end.

Now I was feeling helpless too...

Would I let her down?

No way... Not since my mission is to help people create life-long health and happiness. I was committed to finding the truth.

That's why I was so excited when I heard about a medical conference packed with scientists claiming to have uncovered a new organ in the human body...

First, I was skeptical. I mean, a new organ... really?

Then I thought to myself, **“maybe this is something NEW that I haven’t read about...”**

Well, it's true.

But here's the really important thing to understand.

We're finding that it's not just **ANY new organ...**

For once, the science is even BETTER than the hype!

This “New Organ” Is CRITICAL To Nearly Function In The Human Body⁴



It affects not just the physical body, but emotions too.⁵

It's where 90% of serotonin is produced – **The Happy Hormone.**

It's where 70% of your immune system lives.

And can you believe it contains *150 times more genes* than human DNA!

You can see why this is one of the **most important discoveries of all time** – and it’s changing how doctors and scientists think about health and disease.⁶

In fact, the ongoing discoveries of how this “new organ” can change a person’s health is taking us into a totally **New Frontier In Medicine** that can change people's health so quickly and in so many ways, it’s ***absolutely mind blowing***.

Not only can it help you **feel better in as little as 3 to 4 days...**⁷

It can **impact anyone's health span** – which is how healthy you feel for how long – so profoundly, that even the scientists are calling it **The Fountain of Youth**.^{8,9,10}

There’s an incredibly LIFE-CHANGING opportunity for you here... because when your “Forgotten Organ” is thriving, it can be one of **your greatest health assets**.

This “Forgotten Organ”¹¹ Impacts Virtually Every Part Of The Human Body – Physically, Mentally, and Emotionally¹²

Scientists are continuing to uncover how our “Forgotten Organ” can affect:

Body weight and fat storage – even more than calories eaten!^{13,14}

Sleep...¹⁵

Inflammation levels¹⁶

Heart health...^{17,18}

Energy levels...¹⁹

Emotions and moods...^{20,21}

Sex life – desire for sex and sexual performance...²²

Skin – how clear, healthy, and young it stays...^{23,24}

Digestion...²⁵

Immune system...²⁶

And so many other body parts and processes our “forgotten organ” affects, there are simply too many to list here.²⁷

So it’s exciting to discover that it’s now possible to **“reset” my client’s health²⁸... and that they can do this themselves** simply by learning how to care for their “Forgotten Organ”... *so it can take care of them!*^{29,30}

I'm Danette May...



I personally know far too many people who are suffering with physical, mental, and emotional issues... and with what I've discovered, it seems much of it can be avoided.

Even my own husband Craig came to me after years of suffering with terrible insomnia, and feeling bloated and constipated a lot too.

My cousin suffers from depression and feels nervous for “no apparent reason.”

In fact, people come to me all the time with various **“mystery symptoms”** that have been going on for years... ones that cause achy joints and tired muscles, brain fog, low energy, sleep problems, and other health issues that doctors can't identify, let alone tell you how to fix them.

That's what sparked me to dive so deep into uncovering WHY all of these health problems were happening to otherwise healthy people.

And what I found is that this nearly invisible part of you can be the reason your health suffers... OR THRIVES... depending on how healthy and balanced it is.^{31,32}

Since this one single decision can drastically change a person's life...

It's become my mission to teach as many people as possible to properly care for this critical part of the body. It's the **one change** that could help even those suffering the most to start feeling better in as little as 3 or 4 days.³³



I've influenced the lives of tens of thousands of people just like you. Believe me, I get how a person can feel like they're not in control of their health, and how adopting a **healing lifestyle** that transforms your body, mind, and emotions can be so life-changing.

Before I was the healthy, happy person you now see to the left, my life wasn't going so well...

I hadn't even turned 30 years old, and I'd already lost a son during childbirth, struggled through a hard divorce, was forced to live on \$47.63 to my name. I was a scared, single mom sleeping on the floor so my child could have the one bed in a tiny apartment.

My personal eating, sleeping, and exercise habits were in shambles... which made my body, mind, and emotions suffer even more. After months of severe depression and feeling so lost and confused, I made the decision to fight back. I had to... I was dying inside.

I decided to use **my degree in pre-med and nutrition**, and my **14+ years as a certified fitness professional, Pilates instructor, and NASM nutritionist**, to develop unique life-transforming programs that have now influenced the minds and bodies of hundreds of thousands of men and women all over the world. Today, all of my total healing programs are based on **healing foods, healing movements, and healing meditations** to help "The Whole You" feel better.

So when I learned that **it's now possible to reset your health**, I dedicated months of research and development, and decades of my own medical and nutrition education... to look deeper than the typical reasons doctors give for all these health problems that "can't be fixed."

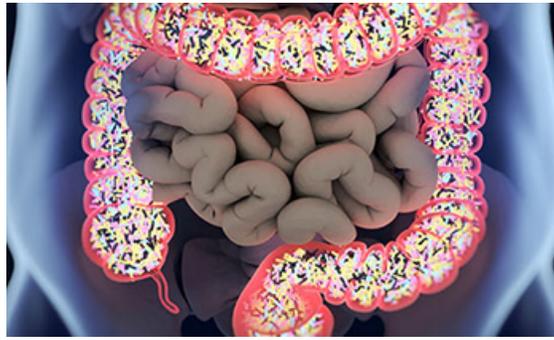
I found quite the opposite, and I proved it by "fixing" my husband Craig's sleep, sex, and digestion problems, my cousin's psychological and emotional issues, and even my friend's "mystery symptoms."

I knew that **everyone needs this help...** so I wrapped everything I learned and tested into a program called the **10 Day Gut Health Reset**, which I'll unveil in a moment.

First, I need to introduce you to this magical "new organ" that started all of this...

Meet Your Microbe - The Forgotten Organ³⁴

A COLLECTIVE OF 40 TRILLION MICROORGANISMS LIVING IN THE GUT.^{35,36}



It's a whole other world we carry around inside... and our health depends on it more than we ever thought. The human body contains **40 trillion microbe** – even more than the 30 trillion human cells we have. So actually we're more microbe than we are human!

So actually we're more microbe than we are human!³⁷

You might know your microbe by their other names, like gut bacteria, flora, or “bugs.”



Over 1,000 different “species” of microbe have been identified – and each of them affect the body in a certain way...³⁸

...which is why doctors and scientists are looking to the gut as a way to resolve any number of different health issues.

We haven't been able to help people like this before because we simply weren't seeing **“what's under the hood”** and how it affects the entire body and how it functions.

Learning about microbe makes me think of some recent car problems that I had...

My car kept making this weird sound whenever I started it and I am not a car person at all, but I know how quickly things can go bad if you don't get it fixed fast. I took it to my local mechanic expecting

them to twist some bolts or replace some thingamajig so I could be back to normal.

When the mechanic came back they told me there was a systems glitch in the software causing the issue.

Systems glitch? This was a car, that sounds like a computer problem, what were they talking about???



My mechanic explained that modern cars have over 100 MILLION lines of software code, compared to only about 30,000 physical parts. If something is wrong in this code, it doesn't matter what's going on with the physical components... the car isn't going to run the way it is supposed to.

The good news was that there was **ONE HUB** where all of the code was kept, and it could be easily adjusted to fix almost any problem in their system.

It's the same idea with the microbe in our gut...

Not only do our microbe cells significantly outnumber our other cells...

The gut is the ONE HUB where our microbe can be **"adjusted"** to deal with just about any health problem – **according to the latest science.**³⁹

And just like a car's software glitch in the code... if our microbes are unbalanced or unhealthy, no matter what we do with our physical components... no matter what medicines we take... we just won't feel right. In fact taking certain things can often make our health worse.^{40,41}

The key is to learn how to make your microbe the ABSOLUTE BEST it can be...

Because THEY can dramatically affect health and wellness – and that's what you'll learn in my 10 Day Gut Health Reset.

PLUS I'm going to give you at FREE GIFT that's worth \$49 and so much more. This **FREE GIFT** will give you one of the easiest ways to maintain healthy and balanced microbe everyday.

Years ago, the gut hardly got any attention in medical school – and now it's all the rage!

Today we know it's not just digestion that our gut microbe affects. **It's much BIGGER than that.**⁴²

Because we're finding you can...

Change Your Microbe To Change Your Health⁴³

What if you don't need a mechanic or engineer to fix your car when the software goes haywire?

What if I told you that all your car problems could be fixed not with expensive repairs or consultations, but just changing the way you drive it everyday? Sign me up, right?!

Well, you can't do that with your car, but you can do that with your microbe.



Microbe are so powerful to our **total health**, scientists say that changing a person's microbe to "fix" different health problems is creating a **medical revolution...** One that can put you in far more control of your health than we ever knew possible.^{44,45,46,47}

"We're finding ways that **these tiny creatures totally transform our health in ways we never imagined,**⁴⁸ says **Professor Rob Knight**, microbiologist, pioneer of microbe research, University of California, San Diego.

According to **Dr. Anthony L. Komaroff**, physician, clinical investigator from Stanford and Harvard Medical...

Your microbe has a critical and surprising number of impacts and influences on *virtually every part of your body.*^{49,50}



And here's where it gets *really interesting*...

Microbe contains *way more genes*, and has as much or even more complexity than the brain. These two reasons alone are why scientists think of microbe as an “essential organ.”⁵¹

Can you believe... that your microbe carries 150 times more genes than your entire human DNA?!⁵²

WAIT A MINUTE!

So who's in charge of our bodies now?! Scientists are finding it's more your microbe than almost anything else.⁵³

No wonder gut health is being called **the next frontier in medicine...** especially now that doctors and scientists can change a person's gut microbe to help them feel better.^{54,55,56,57,58}

IN FACT... they're even doing “Fecal Transplants” now... where they take the poop from a healthy person and transplant it into a sick person, and the person gets better.^{59,60,61}

Seriously? Wow. Okay now I've 'seen' everything!

So can you just take a “poop pill” from a “super stool” donor and cure everything? Not quite yet... but maybe someday.



Right now these are extreme steps to take to feel better... but I share this with you because that's how powerful gut microbe can be to improving health.

As desperate as some people might be to just take a "Little Brown Pill" and feel better quick... I have a much simpler way and it doesn't take long to start changing the way you feel.

This brings me to my friend who came to me so desperate for answers... and all the other millions of people who I know are suffering just as much.

Now I have answers, and I have a plan to help anyone bring their health back into balance.

This plan can turn every quiet little toilet time into...

An Exciting Life-Changing Opportunity Every Time We Poop!



I'm excited to tell you that... every time you go number 2, about HALF of your microbe comes out with it!⁶²

Why is this exciting?

Think of a party filled with a bunch of junk-food eating people who are so unhealthy and drunk, they bring a negative energy to the party.

What if... with a snap of a finger, half of them would be gone and replaced with your favorite, most fun, healthy, happy people in your life? How would the party change?

Snap your fingers one more time getting rid of the rest of those bad party people and replace them again with the greatest people you know. I bet you now have the greatest party ever in your house.

Well that “greatest house party” could be your body...

This is the power you get to have with my program and what I am going to show you how to do... because you can change your microbe to change your health.

Because each bowel movement is *loaded with HALF of your microbe...* about **100 billion microbes in each gram of poop...**⁶³

Here’s your life-changing opportunity:

What are you going to replace your “pooped out” microbe with?



The choice is yours:

You can learn how to build up the **healthy microbe** in your gut, and help them do their best job of keeping you healthy...

OR you can build up the **unhealthy microbe** in your gut... which can then make your health suffer.⁶⁴

Because the TRUTH is...

“How we feed our ‘gut bugs’ makes a real difference in how we feel, physically, and emotionally” says **Dr. Gerard E. Mullin**, gastroenterologist and associate professor at the Johns Hopkins University School of Medicine in Baltimore, Maryland.⁶⁵

**The Good & The Bad -
In A Nutshell...**

Most gut microbe are extremely important for your health, and others can cause your health to suffer⁶⁶

It's about an 85/15 split...

About 15% of your microbe are "bad bacteria." These are the *different pathogens* that cause infection, viruses, and other sickness and disease. The trick is to keep this microbe population to a minimum so they don't take over your health.⁶⁷

The good news is that **85% of your microbe are "good bacteria"...** and you want to keep it that way.

You're more likely to feel your best when you **keep your microbe healthy at all times...**

Just like your best friends and worst friends can come in or leave a party at your house... so too can your mix of microbe come and go. In fact **the balance of healthy versus unhealthy microbe can drastically change in as little as 24 hours!** Even what you had for dinner the night before can affect the health of your microbe, which then affects how you feel!⁶⁸

That means it's entirely possible to change your health in a matter of DAYS⁶⁹...

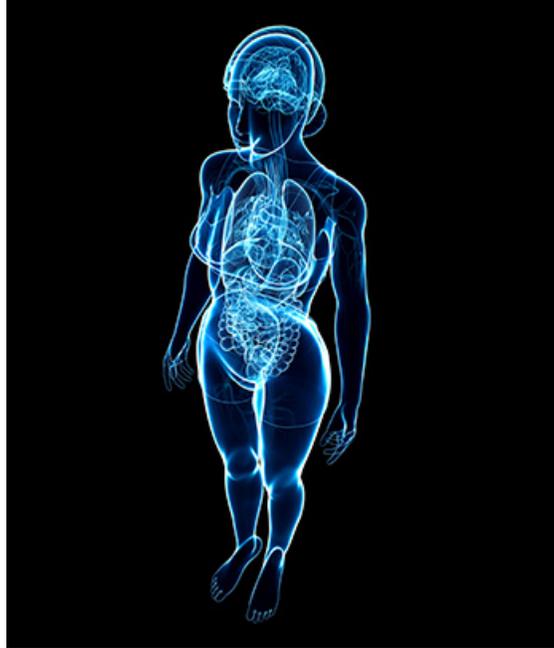
From ramping up your energy levels to enjoying deep, restful sleep... even how you go #2.

It ALL starts in your gut! Amazing!

Let's look at some of the ways your microbe affects your **TOTAL HEALTH: body, mind, and emotions...**

Your Gut-Brain Connection – How Microbe Can Affect The Way You Think And Feel – And Vice Versa!

That friend I told you about, who was so lost... so discouraged... so down and feeling hopeless... now has a new way to change the way she feels. I finally have an answer for her and the millions of other people struggling with their mental and emotional health.



It has to do with our body's Gut-Brain Connection...

The Gut-Brain Connection is where that **"gut reaction"** comes from when we sense something scary.

It flutters up those **"butterflies"** we feel before a big speech or a tough conversation.

And can make us feel **"sick to your stomach"** when we're really upset, but haven't eaten anything.

We've always known that nervous or unhappy feelings can upset our stomach and digestion... but now we're seeing that it can also be the other way around.

According to John Hopkins Medical Center and other scientists,^{70,71} when there's upsetting thoughts and emotions "coming out of nowhere"...

You're likely getting signals from an unexpected source: The Second Brain in your gut⁷²

Turns out, these two body parts – the mind and the gut – are "talking" all the time.



And... one affects the other.

In other words, a troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut.^{73,74}

It's as if we have a "Second Brain!"

Little did we know that hidden in the layers of your intestinal walls are **100 million nerve cells** that are constantly communicating!

And get this...

It's Our Microbe Driving Our Second Brain!

So with the help of my 10 Day Gut Health Reset... I helped my friend change her microbe to change her emotions and she felt **much happier and more secure, in very little time.**

Could it be... that when we keep our gut microbe healthy, the way we **think, feel, and behave** can be healthier too?^{75,76}



It appears so...

In fact, this second "brain in your gut" is revolutionizing medicine's understanding of the connection between digestion, health, mood, happiness, and the way you think and feel day to day.⁷⁷

It's why scientists are looking to the gut as the new way to help people feel better – *physically, mentally, and emotionally.*^{78,79}

And why...

Change Your Gut To Change Your Life should be our **new health rule.**

Happiness: If our gut is happy, chances are we will be too.⁸⁰

When I told my friend who had been feeling so down for so many years that she has more control over the way she feels than ever before, well, she just couldn't stop smiling!

So I asked her, "Now that you know your gut actually "talks" to your brain, **what do you think it says?**

She was surprised to hear that, about every 10 minutes, not only does your gut release hormones that affect the way you **feel...**

It can tell your brain how hungry it is, or that you shouldn't have eaten the rest of the cookies, so it affects the way you **think too!**⁸¹



Scientists were AMAZED to find that the gut produces hormones and neurotransmitters that are **identical** to the hormones and neurotransmitters that human cells produce.⁸²

Our gut can send signals to our brain and central nervous system that **trigger our moods** – including those that make us feel happy, sad, or nervous...^{83,84}

Let's think about this for a moment.

If so many of the signals that affect our body physically, mentally, and emotionally are coming FROM THE GUT....

Doesn't it make sense to learn how to please the trillions of tiny microbes packed into our gut... because **if those guys are happy, chances are... we will be too.**⁸⁵

It certainly does to the doctors and scientists who are now looking to the gut as a way to not only help people feel healthier, but **HAPPIER...**⁸⁶

So when I told my other friends that it's not just me saying this... that (quote), "Researchers believe they are on the cusp of a **revolution** that uses "mood microbes" to improve mental health"^{87,88}...

They all got so excited to begin their own **“happy microbe resets.”** Ah but it gets even better...

No one needs to go to a lab to find happiness through their microbe, because that’s what I’m teaching people how to do all on their own in my 10 Day Gut Health Reset!

The bottom line? Change your gut to change your mood.

Talk about mood... What about your...

Sex Life: Microbe Are Our “Love Bugs”

Countless times I have had people come to me saying that their sex life just isn’t what it used to be, and they feel distraught that they can’t get it back. They often times start to say sex feels more like a job than the fun intimate expression that it should be.

It could be an unhealthy gut coming between you and your lover... because now we know that microbe have many effects on bonding and sex.⁸⁹



*Your gut microbe is so active and influential in our overall body function... They are responsible for producing hormones, enzymes, and neurotransmitters such as serotonin, which are all **essential for sexual health.***

**Dr. Edward Catalano, MD, Pathologist,
Johns Hopkins University**

When I found this out, I started joking with my husband Craig that we have to take care of our microbe “love bugs” because they help to release several “love hormones.”

Remember that 90% of serotonin – **“The Happy Hormone”** – is produced in the gut.⁹⁰ Serotonin has an influence on attraction, sex drive, and even sexual performance (male and female).⁹¹



Microbes also help your body release Oxytocin... “The Love Hormone”... also called “the Cuddle Chemical.”⁹²

... so by taking care of our gut, we're also taking care of the "love bugs" that could make our sex life a LOT more interesting! ;) wink wink to my husband Craig...

All of these different hormones support love bonding, “getting in the mood,” and even the courage to have sex... so much so that even reaching the Big “O” (orgasm) can be easier, and maybe even better.⁹³

And if that’s not enough, kissing can also make your microbes mingle! A big sloppy smooch can transfer **8 million bacteria per second** between you and your lover.

When you live or spend a lot of contact time with someone, your microbes can also start to become one. You tend to take on a similar microbe mix by transferring your bugs between you and your intimate partner... so be careful who you shack up with!

The bottom line? Change your microbe to change your sex life.

And just as important as sex is to a happy life, so is...

Healthy Sleep And Microbe – You Can’t Have One Without The Other

Toss, turn, complain. Toss, turn, complain. At all hours of the night!

That’s my husband Craig... or should I say it used to be before we discovered the gut microbe effects on our sleep systems.



Who would have thought these little microscopic microbes could mess with your sleep?!

Well... they do!

In a nutshell... if your sleep suffers, so do your microbes, and if your microbes suffer, so does your sleep. And that's because...

How you sleep affects your microbes... and your microbes affect your sleep.^{94,95}

Craig can feel a *huge difference* now that I showed him better ways to take care of his microbes. And that's because our microbes have a rhythm of their own. They can disturb OR THEY CAN HELP sleep by **shifting sleep-wake cycles, and by affecting sleep-related hormones.**^{96,97,98}

I taught Craig and a few of my friends who had sleep issues why deep sleep is so important to gut health, and vice versa. I gave them a gentle sleep stretch and relaxing sleep meditation to do every night before bed. Actually this meditation is more like a sleep hypnosis you can do that, along with other new nighttime rituals I teach, can **set you up for better, longer, deeper sleep every night... which then changes the health of your microbes and you!**

But don't just take my word for it! America's Sleep Doctor explains it this way:



*The gut-brain connection is being shown to have what is likely a **profound influence over nearly every aspect of human health and physiological function, including sleep.***

Microbes can affect sleep in a number of different ways: shifting circadian rhythms, altering the body's sleep-wake cycle, and affecting hormones that regulate sleep and wakefulness.

Sleep, in turn, can affect the health of microbes – which then affects our sleep!^{99,100}

The bottom line? Change your microbe to change your sleep.

But it gets even BIGGER...

The Immune System: If Our Gut Is Sick, Chances Are We Will Be Too^{101,102}

You'd think that if you had 30 trillion **BACTERIA** in your gut... your immune system would go crazy trying to get rid of them, right?!



But nothing could be further from the truth...

Your gut microbe and immune system actually live in peace and harmony – that is IF your microbe are healthy.

Now it's making sense as to why soooo many people come to me with “unexplained” health issues that doctors couldn't find, let alone solve.

But here's what's been recently discovered:

Our gut has more to do with our immune system than almost anything else...

...because 70% of our entire immune system is in the gut!¹⁰³

Since your gut is home to 70% of the cells that make up your immune system... Chances are... if your gut microbe are sick, you might be too.^{104,105,106}

Considering how many people I talk to that don't feel well a lot of the time, it certainly seems worth learning how to take care of your gut and all of your immune cells that live there.^{107,108}



*The bacteria in our gut are critically linked in regulating how your immune cells behave.¹⁰⁹
The researchers say that understanding how bacteria regulate the immune system's responses could be important in unlocking the keys to managing your health – both in staying healthy and restoring health.¹¹⁰*

Brown University, ScienceDaily

And of course in order to have a long happy life, you must also have...

A Healthy Heart – Are Microbe The Fountain Of Youth?

Ever heard the old saying that the stomach is the way to a man's heart?

Well guess what?!

We're finding that's true... and of course it's true for women too!



Microbe can have a big impact on the heart... so in the 10 Day Gut Health Reset, I'm going to show everyone how to optimize the health of your microbe... because when our gut suffers, our hearts might as well.¹¹¹

On March 19, 2019, scientists led the first study to show that changes in the gut microbiome have a **significant impact on every aspect of vascular health as you age.**¹¹²

Is it as simple as saying that when you have healthy microbes, you're more likely to have a healthy young heart? Maybe...

During the study, "When they changed the microbiome of the old mice, their vascular health was restored to that of young mice."¹¹³

They saw such **vast improvements in heart health on all measures** the scientists said...

"The fountain of youth may actually lie in the gut."¹¹⁴

The bottom line? Change your microbe to change your heart health.

And here's something really **enLIGHTening**...

Body Weight: Your Gut Decides If We're Thick Or Thin ...even more than what you eat!¹¹⁵

More women come to me with weight worries than anything else. And one of the most-asked questions I get is, "Why is she skinny and I'm not... even though we eat and exercise the same amount?"

Well now we have that answer...

Researchers were shocked to discover that the kind of gut microbe in your system decide whether you're fat or thin, not calories.¹¹⁶

And... **it's visceral fat** that your microbe encourages, the kind of fat that creates a pear shape and "middle-age spread"... and is linked to all kinds of serious diseases.¹¹⁷

It was the first study to change everything we knew about the way we store fat. Researchers looked at different sets of twins – where one identical twin was obese, and the other twin was thin...

What did scientists find that made one twin overweight and the other twin skinny? Their microbe.

Taking it one step further... when they injected the microbe from an overweight mouse into a thin mouse, the once-thin mouse began to gain weight immediately – **even when she ate LESS FOOD!**^{118,119}



The conclusion?

“Keeping our gut microbe happy could be the elusive secret to weight control.”

That’s according to **Dr. Jeffrey Gordon, M.D.**, the director of the Center for Genome Sciences and Systems Biology at the Washington University School of Medicine, who was one of the first researchers to link gut microbe and obesity.

Dr. Gordon explained that, since leaner people have been found to have a larger mix of good bacteria in their guts, a diverse mixture of healthy gut microbe seems to be **key to staying slim**, and healthier too...

Cut microbe can alter the way we store fat, how we balance levels of glucose in the blood, and how we respond to hormones that make us feel hungry or full. The wrong mix of microbes, it seems, can help set the stage for life-long weight problems from the moment of birth.¹²⁰

The bottom line? Change our microbe to change our weight.

You know what else can really affect your weight?

Cravings: Are Your Microbe Telling You What To Eat? Well, actually...

Is there actually anyone who doesn’t feel cravings? I don’t think so... I know because I used to spend a lot of time as a personal trainer, and the #1 struggle my clients had was **dealing with cravings**.



Well now cravings just got a lot more interesting... because you're not the only one who's doing the craving!

You microbes crave different foods too, and more importantly, they TELL YOU what they want to eat.¹²¹

So what do these little guys like to eat anyway?

Trillions of microbes literally sit in your gut waiting to be fed! Mostly they like to eat fiber... the kind from a variety of fresh fruits, vegetables, the right carbs, probiotics, and other foods I'll be laying out for you in my 10 Day Gut Health Reset.

It would seem that if our microbes want to be healthy, they'd be signalling us to feed them healthy food...

That'd be nice, but it's not necessarily that easy... because those little buggers have a mind of their own when it comes to food, and your **microbe can override YOUR cravings.**¹²²

You wonder why some cravings are so strong? Well wonder no more.

By suppressing or increasing certain cravings, microbes help the brain decide what foods the body "needs."

However, with a little experience in eating the right gut-nourishing, craving-calming foods, you can be in more control of your cravings than ever before...



*Different types of gut microbes **prefer** different foods, and changes in our diet can have **rapid and dramatic** effects on the gut microbiome and its function.¹²³*

The bottom line? Change your microbe to control your cravings.

So what do you think? Are you ready to...

Eat To Feel Better In 24 Just Hours? YES!¹²⁴

If you could eat wholesome, delicious foods, and it would change the way you feel in 3 to 4 days, would you at least try it?¹²⁵

How about if those foods could make you feel better in as little as 24 hours?¹²⁶

This is a reality now... because the latest science says that feeding your microbe what they need to be healthy, help them give you what you need to be healthy...

In fact...

“Diet alterations can have significant impact on the gut bacterial composition in as little as 24 hours.”¹²⁷ And since our immune system, brain, sleep, and so many other parts and processes in our body is directly linked to the gut microbe, simply making these little bugs healthy can make YOU healthy.^{128,129,130}

It's why now...

You Have The Power To Change Your Health...

Now that you understand that you have this extraordinary diverse ecosystem in your body... and that you can nudge it into a healthier condition with decisions of what you eat... YOU now have the power to change your health for the better, and keep it that way.

I promise you it's really not hard, and as you just read, it doesn't take long at all to change your health.



Think of your gut like a garden... and your job is to give it the best possible fertilizer with a variety of rich nutrients and probiotics to help all the different species of healthy microbe flourish. Plus, you want to avoid the foods that hurt your healthy microbe.

Since all of us have good bacteria and bad bacteria... what you choose to eat is like feeding the beautiful flowers and starving the ugly weeds... so a more healthy body can bloom and thrive inside and out!

Once you've starved off the bad bacteria, and RESEED with good bacteria through the foods and other lifestyle changes you can easily make, the bad guys won't have a chance to flourish, so your gut (and YOU) can enjoy better health.

So are you ready? I want to help you understand gut health, and what YOU can do to change your gut to change your life...

During the 10 days of my Gut Health Reset program, I'm going to give you step-by-step daily meal plans that tell you exactly what your microbe likes to eat and why. I promise you'll love this food just as much as your gut does because it's just **real food** and **it's naturally delicious**.

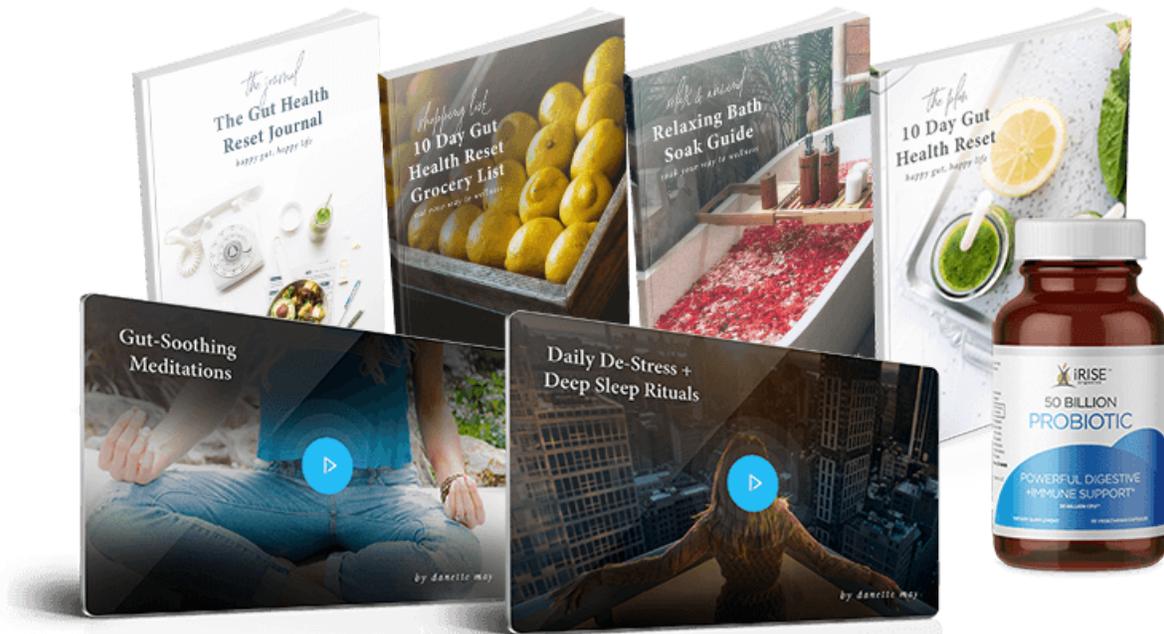
And the best news?

You're going to see and feel how those changes affect your health really fast! And remember: What you feed your microbe makes a big difference in how you think and feel. You're not just eating for physical health, you're eating for better mental and emotional health too.

Introducing...

The All-New 10 Day Gut Health Reset

How to take care of your microbe, so they can take care of you...



This unique program is unlike any other I've designed... and it may be the most important program I'll ever offer because gut health can support your health and life in so many ways.

A healthy gut can truly change how you look and feel, how well you sleep, how much energy you have, how happy you are, and how healthy you are every single day, from here on out.

Once you've spent this time changing your diet and lifestyle, you may experience better, more regular digestion and bathroom visits, clearer skin, increased energy, less bloating, a release in weight and fat, and health issues that used to be a mystery, now not bothering you anymore, or as much.

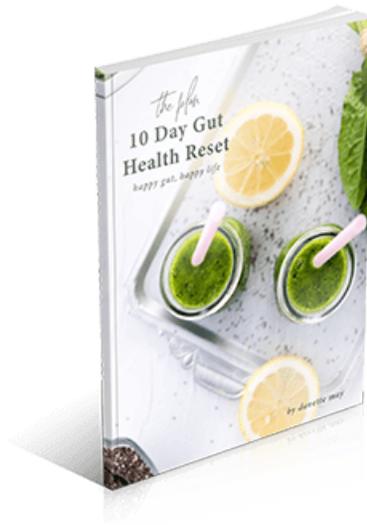
In fact...

This One Single Decision Could Radically Change Your Health...

JOIN me for the 10 Day Gut Health Reset and I promise... 10 days later you'll be absolutely blown away by how much better you look and feel.

You'll get everything you need to start changing your health immediately – all centered around a lifestyle of HEALING FOODS, HEALING MOVEMENTS and HEALING MEDITATIONS that are specifically designed to enhance gut health and microbe balance.

Gut-Flourishing Meal Plans



You'll get daily step-by-step menu plans and eating secrets that support healthy microbe, so they can support your health. Each meal plan combines the most powerful HEALING FOODS specifically chosen to maximize your body's ability to flush toxins, reset your gut, balance your hormones, and nourish every cell.

You'll learn which foods help your microbe flourish, and which foods to avoid. Plus, you'll get a list of naturally powerful supplements that help support and speed up a healthy gut, so you can start feeling better as soon as possible.

NOTE: This is not a "diet" that leaves you hungry or skimps on food variety. This is a DELICIOUS WHOLESOME **LIFESTYLE** where you eat lots of different, fresh, satisfying foods 5-6 times a day. You really are going to be eating your way to better health!

Gut-Soothing Meditations



Each day, I'll be guiding you through 5 to 10 minutes of peaceful meditation that helps you worry less, feel more secure, and sleep deeper and longer.

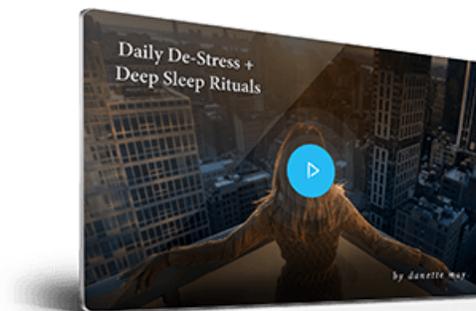
These HEALING MEDITATIONS can help you create a **healthier, more relaxed mindset...** which in turn creates a calmer, healthier gut, including my...

“I Am Safe” Meditation

Sit back, relax, and listen to a short meditation designed to help you feel safer, more secure, and comfortable in different relationships, situations, and events that come in and out of your life.

This soothing meditation helps to calm worries, fears, and vulnerabilities that upset your gut, and in turn upset you.

Daily De-Stress + Deep Sleep Rituals



You'll learn why less stress combined with deep sleep is so critical to gut health... and to you feeling calmer yet more alive than ever.

You'll learn new ways to release stress and breathe easy, plus new nighttime rituals that gently shift you into deeper, longer, more restorative sleep. Remember: sleep affects your gut and your gut affects your sleep, so we're going to make both healthier!

De-Stress/Sleep Flow

Inspired by yoga and mindfulness practice, you'll get a 10-minute, flow movement that helps you let go of stress and ground you with feelings of release and freedom. Easy and accessible to everyone, this gentle flow movement can be done as a “sleep stretch” before bed to wind you down, or before work to help you focus and feel centered.

Deep Sleep Meditation/Hypnosis

This incredibly peaceful, calming sleep meditation is actually more like a sleep hypnosis that releases your body, mind, and spirit into a state of very deep, restorative relaxation to **help you stay asleep longer**. It can also be done during the day in place of a nap.

But that's not all. I'm so EXCITED to give you these incredibly valuable free gifts...

BONUS GIFT #1

Bottle of 50 Billion Probiotic (a \$49 Retail value)



This free gift actually makes this program free! And I want you to have this because people are already asking me what to do AFTER the 10 Day Gut Health Reset... to **maintain great gut health.**

One of the best ways to keep your good microbe thriving is to take a good probiotic. A probiotic is the same thing as live microbe species, also called “strains.”

However, not all probiotics will help you, because many probiotics are dead by the time you take them. Probiotics need to be **live microbe** to give you any benefit... so you need to take the highest quality probiotic supplement you can find.

Problem is... finding a high quality probiotic is hard, and to make things even more difficult, the market is overflowing with different options.

To start, many popular probiotic supplements are mass-produced, mass-packaged, and mass-distributed — many times suppliers cut corners by **packing DEAD microbe into your “healthy” supplement.** YUCK!

When I found this out, I decided to put my degree in pre-med and nutrition to work and do something about it...

I developed my own probiotic to ENSURE the highest quality possible and that enough of the right strains are in each capsule.



Why do you need to supplement your diet with a high-quality “live” probiotic?

It’s very difficult to get all the different strains of probiotics you need for a healthy, balanced gut, in large amounts, simply by adding new probiotic-rich foods to your diet.

In reality, you’re not going to eat probiotic foods like kimchi, or sauerkraut, or drink kefir multiple times a day.

And you don’t have to!

I’m going to send you a free bottle of my **50 Billion Probiotic with 12 active super-strains.**

Separately, each strain is “active” – which means they are **alive** when you take them (just like all the good microbe that’s already in your gut).

And when combined together, the formula becomes “balanced.” That means each strain provides a unique benefit on its own, and when combined, you get a diverse blend of microbe super-strains working together.

In my formula that I’m giving you for free, you’ll get all of the most important microbe strains that help your body in many different ways, including:



Lactobacillus Acidophilus

Ever have trouble digesting dairy? This foundational strain works with your digestive tract to smooth out these annoying digestion problems.



Bifidobacterium Lactis

Get sick more than you'd like? Keep your immune system functioning so it can stave off infection with this immune boosting strain.



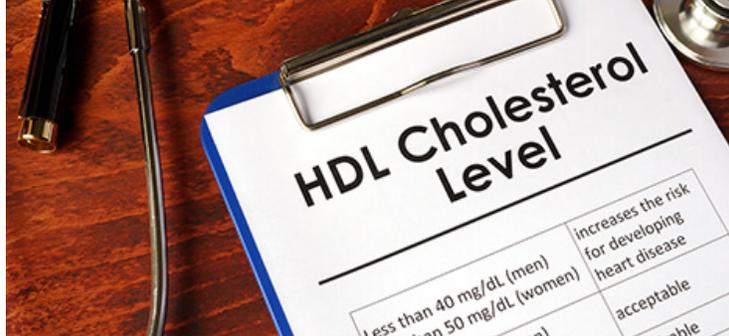
Lactobacillus Plantarum

Your gut is the perfect place for bad bacteria to hang around. This bacteria fighter helps keep the balance of good vs. evil, and can even help maintain healthy blood sugar levels.



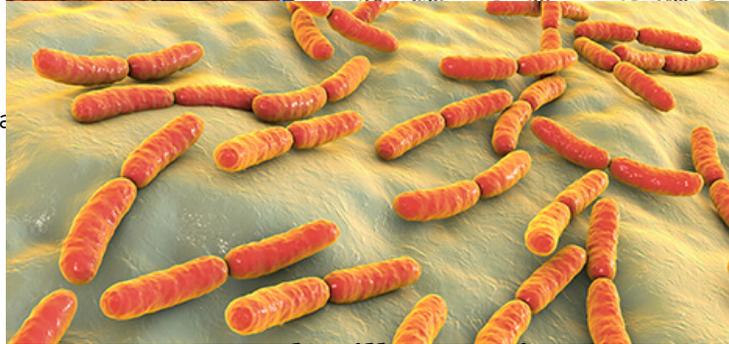
Lactobacillus Paracasei

These little guys help keep allergies at bay, while also helping to keep fat from being stored in your gut... it's a real super-strain!



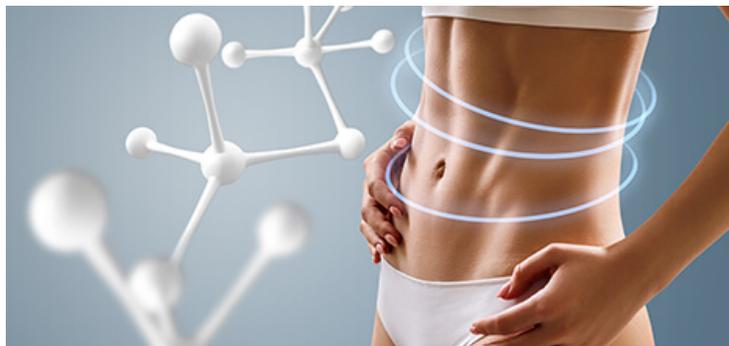
Works a

lesterol



Lactobacillus Brevis

If you take ANTI-biotics, PRO-biotics like L. Brevis help protect your healthy good gut bacteria.



Lactobacillus Rhamnosus

If you want a well-oiled metabolism so your body can efficiently use all the fuel from food — rather than storing those extra calories as fat — this strain is a must!



Bifidobacterium Breve

Bye Bye Fat! Increasing evidence shows this strain helps release stored fat and also slows down future fat storage. Amazing!



Bifidobacterium Bifidum

Maintaining a healthy inflammatory response is this strain's super-power. No wonder it has also been shown to calm symptoms related to IBS.



Bifidobacterium Longum

Digestion, Digestion, Digestion! Look no further than this super-strain that is known to help proper digestion so you can feel a much calmer tummy (even after heavy meals!)



Lactobacillus Gasseri

If promoting a healthy gut microflora while reducing "bad" bacteria is something you want, your gut will LOVE this strain. In fact, it naturally shows up in healthy guts!



Lactobacillus Salivarius

When you take this every day, **50 Billion Probiotic** can help you maintain your BEST gut health, which in turn can help you feel healthy, look great, and have energy to be your BEST. Sore when you swallow? This strain is shown to prevent common infections, especially those leading to strep throat.

And guess what? This \$49-value Bonus Gift covers the entire amount of your ticket into my 10 Day Gut Health Reset! It's my way of helping you help yourself :)

BONUS GIFT #2

Grocery List



FREE

I've created for you an easy-to-read downloadable grocery shopping list, so you can quickly grab all the ingredients you need to make and keep your gut happy!

BONUS GIFT #3

De-stress Bath Elixir Recipes



FREE

Soak your way to wellness with this bonus Relaxing Bath Soak Guide, featuring 4 soothing bath elixir recipes and plenty of tips to transform your tub into a mini sanctuary.

BONUS GIFT #4

~~10 Day Gut Health Reset Printable Journal~~



FREE

I'm a firm believer that you can't improve what you can't track. That's why I'm giving you a printable journal to keep track of what you eat, how you sleep, and all the other gut-healthy strategies and changes you'll experience during the 10 Day Gut Health Reset.

That way, it will be crystal clear to see exactly what made you feel healthier and happier each day.

My hope is that you'll look in the mirror after just 10 days (or sooner), and say to yourself, "This is the best I remember feeling in a long, LONG time... maybe even **the best I've ever felt in my life!**"

This is what's not just possible, but expected from this program, and my hope is that feeling this good becomes your new standard of life and measure of success!

So when you think about it...

You really can't put a price on such a **radical transformation that lasts**. Learning to take care of your microbe so they can take care of you can keep you on the path to better health and genuine happiness for the rest of your life.

You truly have nothing to lose and everything to gain. I'll give EVERYTHING you need to get started and go through each day for 10 days. Everything is clearly explained, organized, and simply laid out for you. All you have to do is follow the steps.

You'd think that a program with this health potential would be stupidly expensive, but that's not my style because I truly want to help everyone.

So while the total value of this program is \$199, you won't be paying ANYWHERE near that when you join!

For a limited time only, the 10 Day Gut Health Reset is discounted to \$99, but if you JOIN RIGHT NOW you can get in for...

\$99 Only \$49!



YES! I Want To Join The 10 Day Gut Health Reset for only \$49!
(<http://guthealthpro.mindfulfit.pay.clic>)

[kbank.net?](http://kbank.net)

cbskin=17487&cbfid=40659&vtid=gutfb

).

If you think about it... That's **less than one meal out** for 10 complete days of all the steps you need to eat, move, meditate, and sleep your way to your **best gut health...** which as you now know can dramatically *change your life in so many ways it's mind blowing!*

And here's yet another way changing your microbe can change your life...

Beautiful Skin: If You Want Healthy Skin, You Need Healthy Microbe¹³¹

I see women who are in their 30's... look like they have the skin of a 60-year-old. One of the biggest reasons skin doesn't look or feel its best is because when our microbe health suffers, our skin's health suffers too.

You see... just like you have a gut-brain connection, you also have a **gut-skin connection.**¹³²

And just like the gut talks to your brain, your gut also talks to your skin!¹³³

These two parts of your body are **so closely connected...** that when the gut isn't healthy, it's going to be tough for skin to be healthy.¹³⁴

Could keeping your gut healthy be the key to havin flawless, radiant skin?

It appears so...

If skin health problems and blemishes start to show up, including early wrinkling... it could be a sign that your microbe is not in balance.¹³⁵

An imbalance in gut health *on the inside...* can show up *on the outside* as patchy, bumpy, scaly, cracked, reddish, irritated skin.

A double-blind, placebo-controlled study showed that a healthy gut leads to younger looking and feeling skin... skin that is **softer, firmer, more hydrated and supple**, with less blemishes and common skin health issues.¹³⁶

The bottom line? Change your microbe to change your skin.

OK so now what do you think? Are you ready?

If you still don't feel convinced to make the decision to learn how to change your microbe to change your health, then I want you to know that you have my personal "I want you to be 100% happy" money-back guarantee...

The 10 Day Gut Health Reset Comes with a Complete, 30-Day Money-Back Guarantee



Since I've seen it happen on real people just like you so many times... I KNOW you're going to love this program and feel so much better after just 10 days. But you have to try it for yourself before you can truly understand the power of this program.

That's why I'm going to let you TRY THIS 10 Day Gut Health Reset, and if you're not convinced this is the transformation you were looking for, if you see NO change at all, I will happily give you your money back.

If, within 30 days of purchasing, you're not 100% satisfied that you look better, feel better, and have a whole new perspective on food and healthy living... if you don't honestly look in the mirror and notice the amazing changes happening and how vibrant, happy, and healthy you look and feel... I will refund your money.

No questions asked.

I'm THAT confident this 10 Day Gut Health Reset works!



**YES! I Want To Join The 10 Day
Gut Health Reset for only \$49!
([http://guthealthpro.mindfulfit.pay.clic
kbank.net?](http://guthealthpro.mindfulfit.pay.clickbank.net?cbskin=17487&cbfid=40659&vtid=gutfb)
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