



Probiotics: Nature's Internal Healers

Natasha Trenev

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Probiotics-the friendly bacteria that reside in your gastrointestinal tract-are your body's first line of defense against the potentially harmful microorganisms you inhale or ingest. In **Probiotics, Natasha Trenev** explains the importance of these bacteria in achieving and maintaining good health. Included is an A-to-Z list of illnesses and disorders that can be prevented or corrected with proper probiotic supplementation.

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