



THE HEALTHY CHEF LAUNCHES PERFECT DIGESTIVE HEALTH BOOK

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If you have digestive problems – this book is for you!

#1 iTunes Best Seller – *Perfect Digestive Health* is the book you need to get your digestive health back on track and feel great from the inside out!

Perfect Digestive Health takes a natural approach to healing your digestive system. It was inspired by Teresa Cutter's own personal digestive health issues and the hundreds of emails she receives from people on their quest for better digestive health. *Perfect Digestive Health* was written to help readers understand their bodies. It looks at how factors such as food intolerances, stress, adrenal burnout, hormones, lifestyle, emotional disposition, anxiety, chemicals, parasites, bacteria, medications, relationships and sleep will affect can affect your digestion as well as your overall health.

Taking a natural healing approach this comprehensive 206 page book tells you what foods to eat and what to avoid and features a 14-day menu plan, an abundance of delicious recipes and a personalised food and symptom diary. The book also features the best natural therapies, foods and supplements to help alkalise, nourish and heal your digestive system as well as optimise your health and live your best life.

Perfect Digestive Health is available in hard copy from The Healthy Chef eStore for \$34.95 as well as from iTunes, Amazon and Google as an eBook for \$9.99.

