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This book and Brenda Watson became like my best friends during that difficult and painful time. I live in a small town with little access to alternative or integrative medicine, so the info in this book was invaluable. The authors thoroughly explain the entire digestive system, how it works, afflictions that affect the various organs, etc, and how to treat each with conventional and ...

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The Skinny Gut Diet: Amazon.co.uk: Watson, Brenda, Smith M ...

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Brenda Watson, C.N.C. is an authority on nutrition, digestion, internal cleansing and detoxification. A New York Times best-selling author and public television educator, she validates why digestive health is the

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Brenda Watson For over 20 years, Brenda Watson has dedicated her career to helping people achieve vibrant, lasting vitality through improved digestive function. A dynamic digestive care advocate and celebrated PBS-TV health educator, she is among the foremost authorities in America on optimum nutrition and digestion, natural detoxification methods, and herbal internal cleansing.

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