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of Healing can provide a framework to help you navigate to a greater sense of health, well being, digestive aids, and probiotics. Chicago Healers

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New Connexion Journal, a bimonthly print publication based in Pacific Northwest, presents new ideas on alternative health, November/December 2014.

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Susan Anderes (2009). Gut Insight: probiotics and prebiotics for digestive health and well-being. p. 45. Prebiotics; Food additives

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