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The relationship is holistic and the author, from this standpoint, gives explanations and practical advice on digestive issues." ( Bill Anderton, Pilgrims ) "Matveikova opens our eyes to the idea that when we say, 'I've got a gut feeling about that...' we are really talking about an essential intelligence that our digestive system plays a part in.

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Digestive Intelligence: A Holistic View of Your Second Brain by Irina Matveikova (2014 07 15) | Irina Matveikova | ISBN: | Kostenloser Versand für alle Bücher mit Versand und Verkauf duch .

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Digestive Intelligence: A Holistic View of Your Second Brain BY Irina Matveikova Digestive Intelligence tells the fascinating story of how our digestive systems are the centre of our bodies' second brain and how we think and live our emotions via our stomachs.

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Digestive Intelligence tells the fascinating story of how our digestive systems are the centre of our bodies' second brain and how we think and live our emotions via our stomachs. Not surprising when you consider there is something equivalent to the size of a village football pitch hiding inside

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