

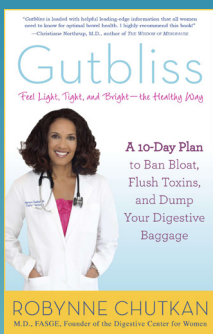
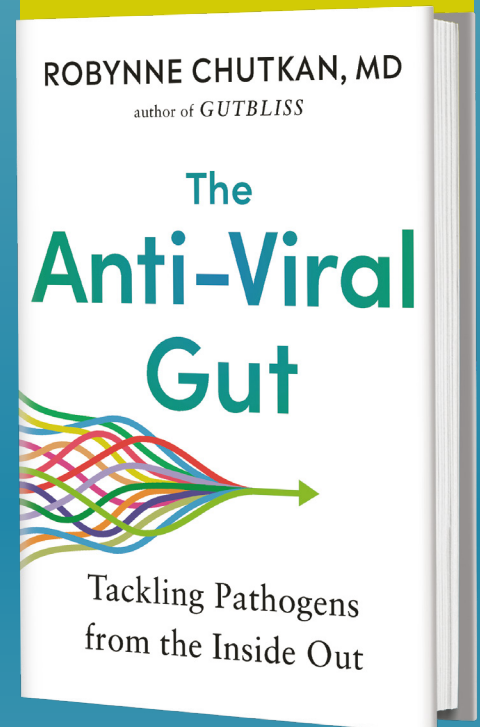
# What's inside *The Anti-Viral Gut*?

- A step-by-step nutrition plan, including 30 recipes to improve your good gut bacteria and an explanation of which foods and preparation methods bring you the fastest results
- Methods for working mindfulness, breathwork, and meditation into your daily routine
- Protocols for replacing immune-suppressive, microbiome-disruptive medications with safer alternatives
- Guidelines for exercise, sleep hygiene, and stress reduction
- Advice on maximizing the potent anti-viral effects of nature

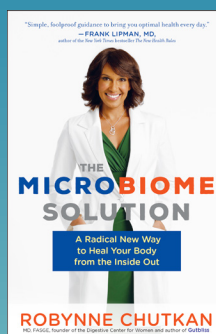
## Dr. Chutkan's platform continues to grow!

- Extensive media connections, with previous appearances on the *Today* show and CBS and pieces in *The Atlantic*, *Time*, and the *Wall Street Journal*
- Relationships with influencers like Rich Roll, Terry Wahls, Will Cole, and more
- Contributor to goop's In Goop Health and mindbodygreen's Revitalize summits
- Engaged social media following with 10.5K Instagram followers and 8.9K Facebook followers

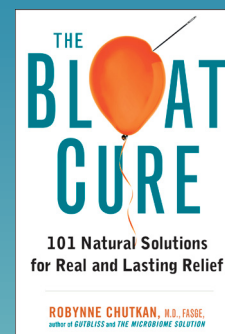
The Anti-Viral Gut  
Robynne Chutkan, M.D.  
HC | 9780593420836  
\$27 (\$36 CAN) | On sale 10/4/22



Gutbliss | TR  
9781583335512  
\$17 (\$19 CAN)



The Microbiome Solution  
TR | 9781583335512  
\$17 (\$19 CAN)



The Bloat Cure  
HC | 9781583335789  
\$20 (\$27 CAN)