

The Good Gut By Justin Sonnenburg Erica Sonnenburg

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The Good Gut By Justin

Justin Sonnenburg, Ph.D., is an associate professor ... He is the co-author of the book *The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-term Health*.

Psychology Today

Now is the time that many homeowners are dealing with insurance claims in the aftermath of Tropical Storm Elsa, and we're sharing some tips to get you through the process.

Insurance tips when dealing with tornado damage

Kourtney Kardashian, Gwyneth Paltrow and Justin Bieber - they all say they ... the gut healthy and that means introducing lots of good gut bugs, with things like probiotics." ...

Kombucha: Is it really good for you and should you be drinking it?

Daina, alongside her cofounders Justin and Vanessa ... and a powerful new campaign to educate consumers on the power of gut health. The purpose of the rebrand is to educated consumers on their ...

How This Kombucha Business Made Its Way To The Front Of The Line, And Profits Too

"I could be a good pop star. I know I'm better than Justin Bieber," Wallace told ... "[The police] making this gut reaction and saying this case is said and done - if the family here ...

Former X Factor star shot dead outside police station. His family say it's because he was gay

Hailing from the 'Land of Warriors', both Islam Makhachev and Khabib Nurmagomedov have built reputations for being indomitable foes, be it inside the UFC octagon or during sparring sessions. However, ...

'Now I cannot spar with him' - Islam Makhachev reveals dynamic change with Khabib Nurmagomedov

F9 As much as audiences were jonesing for an impossibly-scaled blockbuster when F9 finally hit screens, there's no pleasure at all in reporting that the tenth film in the series lacks some of the ...

Every Fast & Furious Movie Ranked From Worst To Best

Five QBs were drafted in the first round, but what should we consider a "good" season for Trevor Lawrence, Zach Wilson, Trey Lance, Justin Fields and Mac Jones?

Setting Realistic Expectations for 2021's Rookie Quarterbacks

Star, Dodgers manager Dave Roberts walked up to the first baseman and asked him a very simple question: "Would you like to start in the All-Star Game?" Roberts, who was the manager for the National ...

Getting ASG start 'meant a lot' to Muncy

We're barely scratching the surface of our gut, of our brain on food ... to go public and make more people money. JUSTIN: That's actually a good segue to where we're going next.

Is Soylent the future? How Silicon Valley wants to change what we eat

"I could be a good pop star. I know I'm better than Justin Bieber," Wallace told ... "Them making this gut reaction and saying this case is said and done - if the family here is saying ...

'He was targeted': Family believes Kansas City man was killed because he was gay

He was in fear for his life and for good reason. He knew that Suge had it out for him. He knew that Suge held him responsible for the murder of Jake Robles. JUSTIN ... and in my gut I felt like ...

The Devil's Bargain: The Inside Story of Tupac Shakur and Suge Knight

Would you Rather Start a Franchise With Joe Burrow or Justin Herbert ... most touchdown passes by a rookie in NFL history. The Good Morning Football crew was asked which quarterback they ...

Joe Burrow vs Justin Herbert: NFL Analysts Debate Who They'd Prefer at Quarterback

Huh, my gut just keeps telling me eat another French ... ASMR Pete, you've done it again! There's good news for Justin, too, whose ribeye with chilli pumpkin puree Jock describes as "refined ...

MasterChef Australia elimination recap: black box fright recorder

CROMWELL - Justin ... a good enough move, with momentum, into another unpredictable weekend at the risk-reward TPC River Highlands. "Obviously with this finish, there's some gut-check ...

Jason Day, leading at 8-under, and Justin Rose shoot up Travelers Championship leaderboard

"I could be a good pop star. I know I'm better than Justin Bieber," Wallace told them ... "[The police] making this gut reaction and saying this case is said and done - if the family here is saying it ...