



# Intestinal Fitness, LLC.

## Literary Source Reference List

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*Gotz Blome, M.D.*

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*Abram Hoffer, M.D., Ph.D. and Morton  
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*Dr. Donald J. Lepore, ND*

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*Rudolph Ballentine, M.D.*

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*Dr. Allen E. Banik*

### **The Colon Health Handbook**

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### **Pain: Inflammation Matters**

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