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Happy Gut, Healthy Body

Gaby, A. (2011). Nutritional medicine. Concord, N.H: Fritz Perlberg Publishing.

Murray, M. T. (1997). Chronic candidiasis: Your natural guide to healing with diet, vitamins, minerals, herbs, exercise, and other natural methods. Rocklin, CA: Prima Health.

Yogurt

5 Delicious Non-Dairy Yogurt Options (<http://voices.yahoo.com/5-delicious-non-dairy-yogurt-options-3922320.html?cat=5>)

The World's Healthiest Foods. "Yogurt". <http://whfoods.org/genpage.php?tname=foodspice&dbid=124>

Probiotics

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John A. Catanzaro, N.D. and Lisa Green, B.Sc. (1997). Microbial Ecology and Probiotics in Human Medicine (Part II). *Alternative Medicine Review*. Volume 2, Number 4.

Yehuda Ringel, Eamonn MM Quigley and Henry C Lin. (2012). Using Probiotics in Gastrointestinal Disorders. *The American Journal of Gastroenterology Supplements* 1, 34-40.

Slippery Elm (Ulmus rubra)

University of Maryland Medical Center. "Slippery Elm". <http://www.umm.edu/altmed/articles/slippery-elm-000274.htm#ixzz2LyZaX7FJ>

Abdominal Massage

Simple Massage To Improve Digestion & Elimination (<https://www.youtube.com/watch?v=AOvK8PUIWig>)