

359th Fighter GroupCalm Your Gut Jack H Smith Cara Wheatley-McGrain
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a concise yet detailed history of one of the lesser known fgs of the eighth air force which made a significant contribution to the allied victory in europe nicknamed the unicorns the 359th fg was one of the last groups to arrive in the uk for service in the eto with the eighth air force first seeing action on 13 december 1943 the group initially flew bomber escort sweeps in p 47s before converting to the ubiquitous p 51 in march april 1944 throughout its time in the eto the 359th was credited with the destruction of 351 enemy aircraft destroyed between december 1943 and may 1945 the exploits of all 12 aces created by the group are detailed along with the most significant missions flown this book also discusses the various markings worn by the group s three squadrons the 368th 369th and 370th fss

a holistic guide to healing gut problems such as ibd and ibs with healthy compassionate methods discover a unique toolkit of science self compassion and intuitive eating practices to help you understand love and heal your gut why do so many of us suffer from gut health problems such as ibs and ibd and what can we do to feel better cara wheatley mcgrain has the solution she offers a compassionate holistic approach to calming and healing your gut inspired by her own healing journey following a flare up that left her just hours away from having her colon removed in hospital cara shares tried and tested methods simple exercises and tasty recipes to heal your gut and dramatically improve your health at every level you ll find out how to heal your gut in a sustainable healthy way develop highly effective mindfulness practices in relation to both food and lifestyle create delicious gut friendly meals with cara s creative simple recipes incorporate simple daily rituals such as breathing techniques and visualization into your routine follow cara s guidance and you can cultivate a lifestyle that helps you to love cherish and heal your gorgeous gut you ll be able to reduce bloating calm gut problems and improve your overall health and wellbeing with this compassionate holistic approach to being mindful with your microbiome

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