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Nov 18, 2018 · Sticking to a regular exercise program also can strengthen your digestive system. For example, studies have suggested that taking a 15-to 20-minute walk after a meal can aid in digestion. "Your gastrointestinal system is complex, but caring for it doesn't have to be," says Dr. Fasano.

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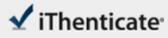
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Tilemachos Koutouratsas, Anastassios Philippou, George Kolios, Michael Koutsilieris, Maria Gazouli

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The gut microbiota and inflammatory bowel disease

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4281375>

Nov 25, 2014 · Inflammatory bowel disease (IBD) is a chronic and relapsing inflammatory disorder of the gut. Although the precise cause of IBD remains unknown, the most accepted hypothesis of IBD