

Download Fast Your Way To Wellness Supercharged Food

There's something about digging my way into a big bowl of Indian food that I find just so comforting: the warmth of the spices; the way the coconut milk cuts perfectly through the heat of the flavours; and our shared love of vegetables. What is it? What is Love Your Gut Powder made from? Love Your Gut Powder is organic Diatomaceous Earth – also known as Fossil Shell Flour (Amorphous Silica). Yahoo Lifestyle is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends. Please join us April 30 for the opening night of the 2019 Los Angeles Times FOOD BOWL. The evening will begin with Mesamérica L.A. at the Million Dollar Theater in downtown Los Angeles Get tickets!