

# Be Renewed Gut Restoration Links



**Below are some sound wave therapy meditations to help support your gut health.**

NOTE: It is important that you use headphones with these tracks to allow the sound waves to get directly into your brain and relax the brain wave patterns, inducing a full relaxation response.

[Stomach & Intestine Treatment - Digestion Enhancement Binaural Beats Sound Therapy](#)

[Reduce Stress to deal with Candida, IBS, SIBO & Leaky Gut](#)

[Frequency for Enhancing Digestion: Get Rid of Digestive Problems - Binaural Beats Sound Therapy](#)