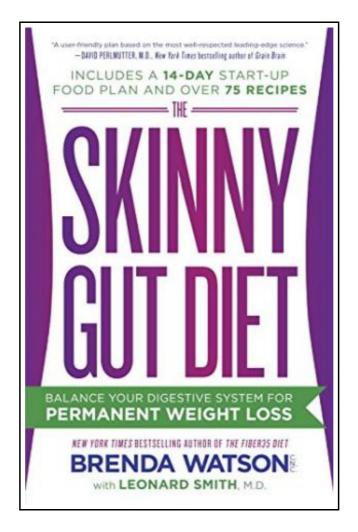
# Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss (Paperback)



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## Reviews

This ebook will never be effortless to get started on studying but extremely fun to read through. It is actually writter in easy phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Pearl Corwin)

# SKINNY GUT DIET: BALANCE YOUR DIGESTIVE SYSTEM FOR PERMANENT WEIGHT LOSS (PAPERBACK)



Random House USA Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 132 mm. Language: English . Brand New Book. The secret to permanent weight loss revealed. The real reason diets fail has nothing to do with calories and everything to do with the balance of bacteria in your gut. A simple guide to show you how to finally achieve your ideal weight. The 100 trillion bacteria that live in your digestive tractwhich make up 90 percent of the cells in your bodyare the real reason you gain or lose weight. When those microbes are out of balance, chronic health conditions can occur, including irritable bowel syndrome, fatigue, and obesity. By balancing the good and bad bacteria, you can finally achieve your ideal weightfor good. The Skinny Gut Diet, New York Times bestselling author, public television icon, certified nutritional consultant, and digestive health expert Brenda Watson offers an insightful perspective on the little-known connection between weight gain and an underlying imbalance of bacteria in the gut, or what she calls the "gut factor"the overlooked root cause of weight gain. Drawing upon the latest scientific research, Brenda illuminates the inner workings of the digestive system and provides instructions for achieving a healthy bacterial ecosystem that spurs weight loss by enabling the body to absorb fewer calories from food, experience reduced cravings, and store less fat. The premise is simple: curtail sugar consumption (and its surprising sources) and eat more healthy fats, living foods, and protein to balance the gut bacteria. The result? A skinny gut. Diet centers around an easy-to-follow diet plan. A 14-day eating plan, dozens of delicious recipes and sage advice help you achieveand maintaindigestive balance and sustained weight loss. With inspiring real-life stories of ten individuals who transformed their health...

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