



The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss

Brenda Cnc Watson, Leonard Md Smith, Jamey, B.Sc. Jones

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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 tract—which make up 90 percent of the cells in your body—are 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 weight—for good.

In *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.

The 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 achieve—and maintain—digestive balance and sustained weight loss. With inspiring real-life stories of ten individuals who transformed their health on the Skinny Gut Diet, Brenda empowers you to become your own health advocate so that you can finally shed unwanted pounds and enjoy optimal health and vitality.

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Have you spare time for a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a walk, shopping, or went to the Mall. How about open or perhaps read a book entitled The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss? Maybe it is for being best activity for you. You already know beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have some other opinion?

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Typically the book The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss has a lot info on it. So when you check out this book you can get a lot of benefit. The book was authored by the very famous author. This articles author makes some research prior to write this book. This book very easy to read you can find the point easily after reading this article book.

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