



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

Brenda Watson C.N.C., Leonard Smith M.D., Jamey Jones B.Sc.

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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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Anna Wright:

Is it you who having spare time after that spend it whole day by means of watching television programs or just laying on the bed? Do you need something totally new? This The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss can be the response, oh how comes? A fresh book you know. You are therefore out of date, spending your free time by reading in this fresh era is common not a geek activity. So what these guides have than the others?

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As a student exactly feel bored to reading. If their teacher asked them to go to the library or to make summary for some reserve, they are complained. Just small students that has reading's heart or real their pastime. They just do what the teacher want, like asked to the library. They go to presently there but nothing reading seriously. Any students feel that looking at is not important, boring and can't see colorful pictures on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this era, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore , this The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss can make you experience more interested to read.

Edward White:

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