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—DAVID PERLMUTTER, M.D., *New York Times* bestselling author of *Grain Brain*

**INCLUDES A 14-DAY START-UP
FOOD PLAN AND OVER 75 RECIPES**

— THE —

SKINNY GUT DIET

**BALANCE YOUR DIGESTIVE SYSTEM FOR
PERMANENT WEIGHT LOSS**

NEW YORK TIMES BESTSELLING AUTHOR OF *THE FIBER35 DIET*

BRENDA WATSON Ph.D., M.D.

with **LEONARD SMITH, M.D.**

Brenda Watson C.N.C. and

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



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The secret to permanent weight loss revealed. The real reason diet programs fail has nothing to do with calories and everything to do with the balance of bacteria in your gut. A straightforward guide to show you how exactly to finally reach your ideal pounds. The 100 trillion bacteria that live in your digestive tract—which will make up 90 percent of the cells in your body— gut element” The Skinny Gut Diet centers around an easy-to-follow diet plan.—and maintain— In The Skinny Gut Diet plan, New York Times bestselling author, general public television icon, certified nutritional consultant, and digestive wellness expert Brenda Watson provides an insightful perspective on the little-known connection between pounds gain and an underlying imbalance of bacterias in the gut, or what she calls the “ When those microbes are out of balance, chronic health conditions can occur, including irritable bowel syndrome, fatigue, and weight problems. The premise is easy: curtail sugar consumption (and its surprising sources) and eat even more healthy fat, living foods, and protein to stability the gut bacteria. Drawing upon the latest scientific analysis, Brenda illuminates the internal workings of the digestive tract and provides guidelines for achieving a wholesome bacterial ecosystem that spurs fat loss by enabling the body to absorb fewer calories from food, encounter reduced cravings, and shop less fats.the overlooked root cause of weight gain. The result? A skinny gut. By balancing the nice and bad bacteria, you can finally achieve your ideal weight—once and for all. will be the real reason you gain or lose weight. A 14-day eating plan, dozens of delicious dishes and sage advice assist you to achieve— digestive balance and sustained weight loss. With inspiring real-life tales of ten individuals who transformed their health on the Skinny Gut Diet, Brenda empowers you to be your own wellness advocate to enable you to finally shed unwanted pounds and enjoy optimal wellbeing and vitality.



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It works! Well, this is a long review because I'm extremely excited about the results I've been seeing with this book and I feel the need to tell someone! Good basis. Now I consider my good, fiber-loving gut bacteria much loved house animals to feed and keep healthy. Great success with Skinny Diet - strongly suggested for weight loss and curbing hunger I'm nearing my four week mark following this diet pretty religiously. In the event that you eat meat, the diet will be even simpler to follow as you'll have a great deal of options. I can live with this to any extent further and never feel like I'm dieting. (I'm 6' and now 196, down from 200.) The first fifty percent of the book explains the science behind the dietary limitations, which forbid rice, wheat, most grains, starchy vegetables like potatoes, and sugars. It does embark on a bit long and I wanted to say "WHAT DO I EAT?" but I believe this diet has some similarities to the Paleo diet plan, so if you have heard about that, you involve some idea what you will be eating. At first I lost weight quickly then slowed up. Interesting diet plan with some meal plans.) I was also pleased to see that there are many vegetarian options in the dishes section. It's been two weeks right now and I'm excited to state that around this morning I have shed 4 pounds. The drawback that I saw someone noted is that it's highly recommended that you take some nutritional supplements with this diet plan, most of all a probiotic supplement. I went through a plateau for about three months but started shedding again. I also think you will get many of the great things about the diet with just a probiotic dietary supplement, as I was just going for a probiotic when I first started the program and started to feel better immediately, which convinced me that I would try taking all of the recommended supplements. I count my carbs and fibers meticulously. I'm very happy with the results and I've started to seek out opportunities to walk and be more vigorous. (I had to get a different brand of Omega-3 because her brand is not vegetarian. You can choose to buy her brand or else look for your personal. Flash forwards to daily probiotics, homemade kefir and yogurt and small snacks with protein and a reduction of empty glucose carbs and whoosh, eliminated. I love this way of eating. I don't think I can link to it directly right here but if you just google the book's title or look her through to Facebook you'll be able to find it. I am hoping another in a month or two and update my review with my progress. It has been a while since I've been excited plenty of about something to review it on Amazon - ha ha. I've approved this to other close friends with stubborn pounds gain plus they report similar progress. Sorry, not quitting grains. But, honestly, it is rather comparable to Atkins and Paleo, but with some extra supplements to help you digest foods better. Revise on progress as of 3/1/2016: Still third, plan and am happy with my 25 lb loss after almost eight weeks. At the center of this may be the reality that the bacteria in your gut either promotes healthful weight or stimulates cravings and pounds gain. But gained weight that wouldn't budge. Two different bacteria types, two different body types. It's that simple. I started feeling better almost immediately, but wished to wait to post an assessment to see if I lost weight as well. Result? Up to now, without holding to the guidelines slavishly, 12 pounds have melted aside without much work on my component, beside a bit more care and feeding of my family pet bacteria. I am a mature woman who'd gained 'difficult' post-meno-pounds, the kind that wouldn't budge regardless of the exercise, self-deprivation, etc.) Her Best Flora product has excellent reviews right here on Amazon, so I feel like I'd have ended up buying her product anyway. I'm very encouraged by this approach and my body's reaction so far. That might not sound like very much but I have already been trying to lose 20 pounds for approximately a year, and despite schooling for a fifty percent marathon earlier in the entire year, I have been unable to get the level to budge until now. I hope you find this review useful and I'll watch for comments in the event someone has a question. So basic, straightforward and practical. I hadn't even realized how out of whack my system was until I

started waking up without my normal cramps, gas, and bloating that I'd been acquiring for granted. If you aren't a lover of cooking, then this may not be the program for you. This has become a lifestyle modification for me personally and it has become a way that I **need** to eat instead of **having** to eat to be able to lose pounds. What's helped me with this more than anything is the low carb way of eating because it keeps my blood sugar level throughout the day, provided that I plan and have protein or low carb snacks with me. I chose this diet because my mother has been fighting C-DIFF in the last year and it's made me much more conscious of the need for GI health. I myself didn't possess any digestive problems, but wanted to take action proactive for myself and also lose weight. The book recommends taking 4 health supplements altogether: a probiotic, a fibers product, a digestive enzyme product, and an Omega-3 supplement. Sorry, not giving up grains. I am taking all of the supplements recommended, particularly the RenewLife brand. This makes sense, is proven in tests, is no-nonsense or faddy. The thing I am still struggling with is getting enough fiber daily. I'm working on enhancing this as I proceed. I don't do crash diets, never have. Personally I think better, am sleeping better, and do not possess cravings for sugary issues. It feels as though the weight is just dropping from me. I got an advance duplicate of this reserve, so I have been following the diet (more or less) for the last two weeks despite the fact that it's been out first week. Given that I'm not starting your day off with some kind of breads or bagel, I don't seem to get hungry like I actually used to, and if I do get hungry I have a couple of different snacks I could choose from amongst the suggestions (celery with almond butter, almonds, cheese, etc. Human brain health relates to . Some nice food plans included. This is just another common low carb diet, but she added probiotics to give it a new twist. It was not useful for her. The book was donated to the library. 12 pounds gone and all I've done is motivate my good bugs to beat up on the bad bugs. This is simply ...I'd state a big part of this success is my love of cooking and setting up. Five Stars am well pleased It was not useful for her Bought this book for a friend. Good information on gut health and helped me think about ... Good info on gut health and helped me think about the food We eat differently, but We followed it to a T for over a month and only lost 1.5lbs. I have better good fortune going low carbohydrate. Get the knowledge here on how best to find your toes again without bending over to see them! I've go through a lot of research that state the opposite of this book. Time to apply this. It has some new information on our microbiom and how to lose weight and keep it off. Brain health relates to intestinal health.. Time to practice this.. Very slow outcomes and not sure all of the "science" (specifically the gluten component) is completely accurate. I love this way of eating I waited a whole year to write a review because I have tried every diet out there. Battling my fat for most of my adult existence lead me to get one of these new diet, lose pounds quickly then gain it all back again plus much more. I noticed the Skinny Gut Diet on PBS and figured I'd (reluctantly) test it out for. In 13 months I have lost 33 pounds. I thought it would be difficult to check out the restrictions, especially as I am a vegetarian and also have fewer options to pick from, but I'm pleased to say that I have been in a position to adapt pretty easily. Brenda Watson's firm makes products of the type that are recommended in the book, nevertheless, you don't need to buy her make of supplements (Renew Existence) in order to follow the diet. I purchased it on sale because I was so skeptical. I've another 6 even more to my goal or and I am completely confident I can do this. I still consider probiotics daily along with digestive enzymes and a fiber supplement. . If I go over I make it up the next day. I've lost 13 lbs and the aches and pains in my joints have dramatically lessened. One more thing: the author comes with an online forum for the publication in addition to a Facebook page, so if you possess any questions at all you can ask her directly and she answers personally, that I thought was neat. It took some used to but I

wouldn't have it any other way.



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