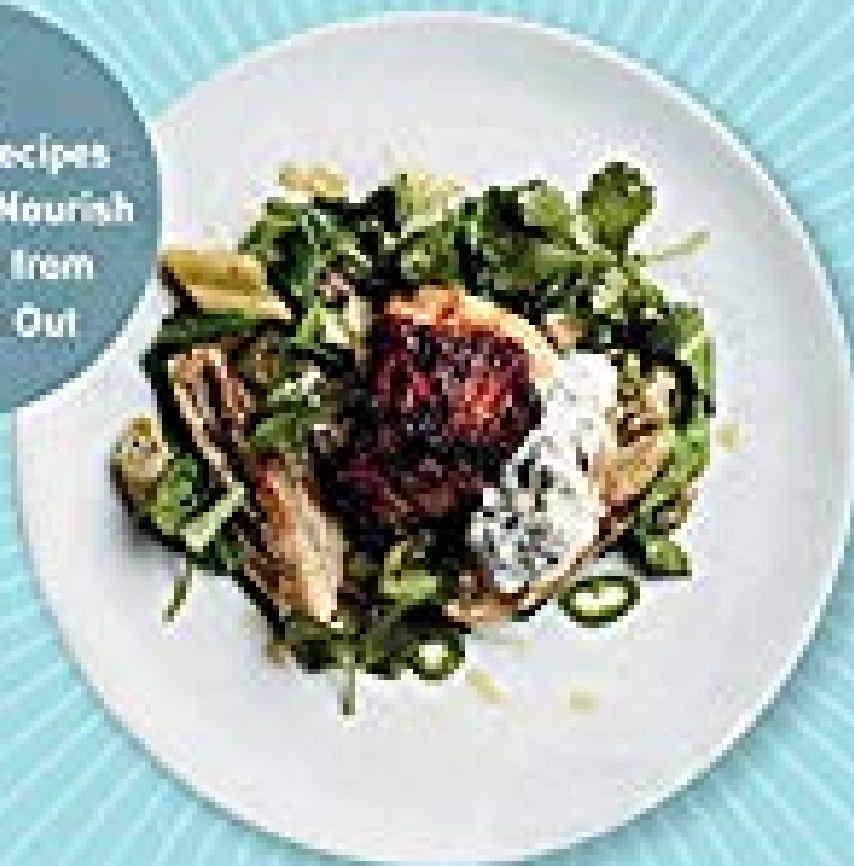


THE CLEVER GUT DIET COOKBOOK

**CUT SUGAR CRAVINGS • BOOST YOUR IMMUNE SYSTEM
LOSE WEIGHT NATURALLY**

150

**Delicious Recipes
to Help You Nourish
Your Body from
the Inside Out**



DR. CLARE BAILEY WITH NUTRITIONIST JOY SKIPPER

FOREWORD BY #1 NEW YORK TIMES BESTSELLING AUTHOR

DR. MICHAEL MÖSLEY

Clare Bailey

The Clever Gut Diet Cookbook: 150 Delicious Recipes to Help You Nourish
Your Body from the Inside Out



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"Now readers may implement a diet program and understand why it will work." —Dr. Barry Marshall, winner of the Nobel Prize for Medicine " Complete with shopping lists, meal plans, and helpful tips and tricks, this recipe collection can help you transform your gut as well as your health, one delectable bite at a time. Improving your gut health will help you control your cravings, increase your mood, ease intestinal distress, and eliminate weight. These delicious dishes for breakfasts, lunches, dinners, snacks, and mouthwatering desserts are which can help revolutionize your body from the inside out, by increasing the " gut bacterias that contribute to excess weight gain and disease." — Now, in this eagerly awaited cookbook, it is possible to take this groundbreaking program into your kitchen and revel in the advantages of a gut-healthy diet at every food. Dr Valter Longo, Director of the University of Southern California Longevity Institute The highly anticipated and important cookbook companion to The Clever Gut Diet plan by the #1 New York Times bestselling author of the FastDiet series, featuring over 150 dishes to help you reap the advantages of a wholesome gut, one delicious meal at a time. good" gut bacterias that keep you lean and healthy, while staving off the "bad" In The Clever Gut Diet, you learned the key role your gut plays in your overall wellbeing and in maintaining a wholesome weight. Follow these suggestions for better gut health.



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