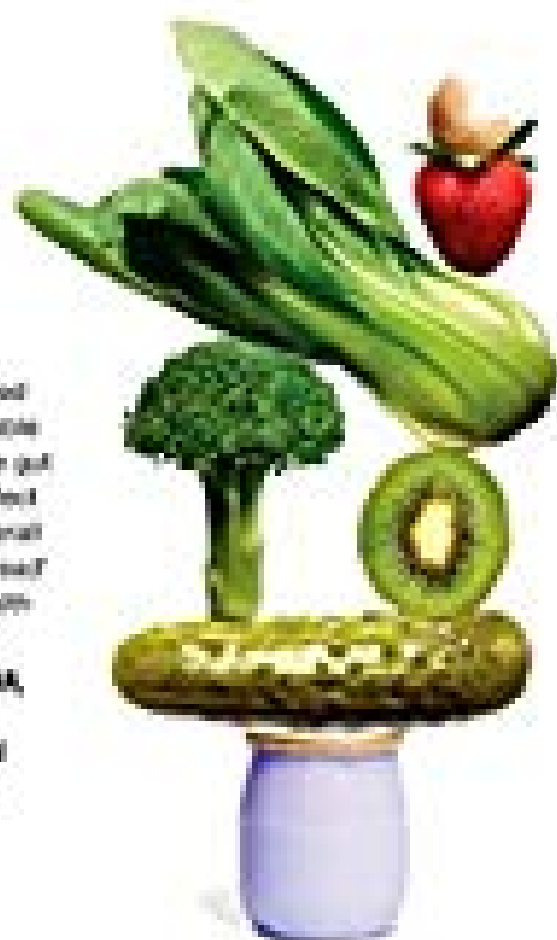


**BOOST YOUR METABOLISM,  
RESTORE YOUR INNER ECOLOGY, AND  
LOSE THE WEIGHT FOR GOOD!**

"Dr. Mullin has provided the reader with invaluable practical insight into the gut microbiome and its effect on obesity and our overall health. This is a must-read for the public and health professionals."

—RICHARD R. CARMONA,  
MD, MPH, FACS,  
17th Surgeon General  
of the United States



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# GUT BALANCE REVOLUTION

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**GERARD E. MULLIN, MD**

*Associate Professor of Medicine at The Johns Hopkins University School of Medicine*

Gerard E. Mullin

# The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!



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Losing weight for good is truly feasible with a science-based method of gut health. and lose weight for good. Because gut microflora takes on a central function in weight reduction, losing weight is much more than cutting calories, extra fat, or carbs. Gerry Mullin's trailblazing program provides:

- Gerard E. are balanced, pounds melt away and we experience revitalized. A leading authority on digestive health and the gut microbiome, Dr. the gut microbiome— Mullin shares a proven, science-based program to revive and retain weight loss by achieving a balanced gut flora in The most recent, up-to-time frontline science behind how balancing your gut flora can get rid of fat and restore health
- He reveals how exactly to stifle the fat-forming, disease-promoting gut bacteria, reseed your gut with great fat-burning ones, and fertilize those friendly flora with just the right foods to reboot, rebalance, and renew your wellness—Latest cutting-edge research shows that individual intestinal microbiota influence metabolism, appetite, energy, hormones, inflammation, and insulin resistance. Dr. Once the trillions of live bacteria inside our digestive tract—
- Analysis: The Gut Stability Revolution. Reboot, Rebalance, Renew: Step-by-step meals plans, food charts, plus 50 delicious, easy dishes
- Real success stories of individuals who seamlessly lost up to 40 pounds—Physical exercise for each phase of the procedure
- It's all grounded in hard technology and his over twenty years of clinical experience with individuals in his medical practice.

TRUE TO LIFE: Rev Up: and kept it off!



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. I am a 66 year old nurse practitioner and grandmother. Great details! I was employed in a motorized wheel chair and using crutches for RSD in my own left foot and I wore a fracture boot on my left foot because it hurt a great deal to wear a footwear. My hubby has raved about any of it to everyone he views and has probably help sell at least a 1/2 dozen books for you. Today I am 40 lbs lighter, no more take Naproxen for discomfort, Metamucil for constipation, or Valium for esophageal spasms. This science works!), no longer use crutches, and may wear shoes, actually heels! Helpful book Very useful book, but I would recommend having your dictionary helpful. I am walking along stairs with reduced knee pain. Appears to be some inconsistencies. Mullin offers you the inside tract concerning how these trillions of bacterias orchestrate your physiology; I remain at level 2 because easily consume foods off the orogram my discomfort is much worse.! Many thanks Dr. It's been a long time since I examine anything so coherent and powerful. I am eating such as this for the rest of my life!! This is the best book on healthy eating I've read in ages This is a beautifully written piece of work that has changed my entire life. I've battled weight problems my entire adult existence, doing everything lacking the bypass techniques to get rid of myself. A friend pointed me towards this book and I found it to be an epiphany. Mullin writes with educational rigor (with completely referenced study papers for every claim he makes) but also makes a clear and compelling case for leveraging our gut biomes as part of dealing with a lot of modern maladies. I'm also tracking my actual calories because a) I don't mind doing it and b) I don't trust myself with meals any other way. Mullin! A bit hard to navigate, but full of brilliant information There's such important info in this book that I'm giving it four stars despite the three-star-ish organization of the written text. Others have got commented about how exactly "an excessive amount of science" makes getting in the "guts" (ha ha) of the actual diet in this book a little frustrating and slow. Great solution for SIBO This diet is the only one I've found to control my SIBO digestive challenges and in addition can be an easy way to drop weight while eating healthy. I made my way through it laboriously, but I use this Kindle version mostly for the search function, to check on whether certain foods are Favor, Few, or Ignore when I'm at the grocery store or reading dishes. It does work best to do together and be able to support one another. Since aiming on the journey he outlines in this book, I've lost weight, gained control over my compulsive consuming, and seen a steady improvement of my wellness on fronts which range from indigestion to depressive disorder. So when I say that I haven't yet begun to lose any of the substantial amounts of weight the book describes, I can also state that besides following the Phase 2 guidelines, I'm also consuming several calories that I'd expect to result in quite a gradual weight loss. I've been 100% sugar-free of charge and grain-free for a number of months, and now that I'm adding in more probiotics and prebiotics relating to this program, I'm experiencing some great changes: easy digestion, even-keel energy and moods, utter insufficient old harmful cravings, an unprecedented capability to put my fork down before my plate is empty. My wife has maintained her fat by simply eating once we learned. What's more, I'm enjoying a variety of foods that I never used to take into account (kimchi, miso, cayenne.. Twelve months later, success!). This course of action makes it simple to dine out without looking weird (though probably not at chain and fast-food places). Honestly, even if this course of action doesn't result in much weight loss for me personally, I will never go back to the Standard American Diet. I'm convinced that my health and wellbeing depend on restoring and keeping good gut health, and that nothing at all could be worse for me than to return to sugar, starch, rather than more than enough yummy ferments and vegetables. I'm a changed person. This science works! I am out from the wheel seat (I gave it aside! Recommended by way of a doctor, I purchased the publication. Dr. Gerry explained my lifelong history exactly. The solid research behind his

understanding convinced me to try. My husband read the reserve and I followed the meal programs and prepared the meals. Six weeks afterwards my wife exceeded her goal of shedding 20 pounds. Now, 18 weeks afterwards, I have lost 54 pounds and am 4 pounds away from my doctor's fat goal. I'm de-bloating, my cheekbones are returning, age group spots on my hands are fading, and my brain is clearer. Finally, somebody who understands my problem, science that provides understanding, and a remedy that works. Many thanks, Dr. Gerry! Try the quality recipes as they taste great. It's a great book with over 240 pages of content and another 150 pages of real food recipes designed to help you tune up your fat burning capacity, balance blood sugar levels and reduce inflammation all by increasing the health of your gut microbiome. Dr. The Gut Stability Revolution didn't just give me my life back, I feel much better than I do in my own 20s! including thoughts, food cravings and level of surplus fat. If you have hit a weight loss plateau, have been on a low-carb, high-protein diet for a protracted period of time this publication will benefit you tremendously. This book provides a helpful understanding of the way the microbiotic world impacts our bodies. Mullin shares the science about how microbiome shifts can decelerate weight reduction efforts and how to overcome them with his patient-tested 3 Phase protocol and dishes. The biggest aha moment for me was learning how high-meat diets impact our gut ecology. Recipes not really what I expected. So so Came recommended to me. Disappointed in this. Today, more than ever, I'm motivated to make meat a condiment (rather than a staple) and boost my consumption of phytonutrient-wealthy vegetables. Today I did a hill workout on the fitness treadmill at level 5 for one hour! On 7/6/15 I began on the Gut Stability Revolution diet. I state that because Dr. After reading this book I no longer equate bacteria with bad assumptions. It's true. Especially Helpful IF YOU HAVE Hit WEIGHT LOSS Plateau, Eat A Low-Carb Diet I've been using these quality recipes and book's answer for a yr and am so far better. I still possess RSD with neuropathic pain, but it is significantly improved. great information enjoying the book... This is a great plan! ) Take note at 1st I felt food prep and searching for various kinds of food felt such as a full period job to me We purchased this publication on the recommendation of my husbands Nurse Practitioner for his IBS. With the help of my wife, we were only available in mid February. My hubby was able to stop taking medicines for his abdomen and lost about 17 pounds and I dropped about 10 that I am wanting to rid myself of for past few years. I could not go up and down stairs due to sever arthritis in my own left knee and continued pain one year following a total knee substitute in my ideal knee. I keep informing him he should just stock up on them and hands them out to people :) Be aware at 1st I felt meal prep and shopping for various kinds of food felt just like a full period job to me. I've taken its three phases, its superfoods lists, and its own theories to heart and have been surviving in phase 2 for a while now. but the print is small and makes it difficult to read Five Stars Must be very focused to read but provides wealth of understanding of your gut. Great plan!



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