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*"A revolutionary way to think about
how we eat and live."*



THE LOSE YOUR BELLY DIET

CHANGE YOUR GUT, CHANGE YOUR LIFE

Travis Stork, M.D.

Host of the Emmy® Award-
winning show, *The Doctors*

RECIPES
INCLUDED

Travis Stork

The Lose Your Belly Diet: Change Your Gut, Change Your Life



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s not just about weight loss.t we live without them, but seeing that their figures and diversity increase, so too will our health. We can achieve These goals with The Lose Your Belly Diet. And you want to get rid of that annoying extra fat around our bellies! This plan is built around a very clear, research-based concept: Consuming food that nourishes and protects the microbes in your gut paves the way for weight reduction, a slimmer middle, and better general health. Based on exciting new analysis about the dramatic great things about vibrant gut health and a diverse gut microbiome, this plan nurtures your gut while assisting you burn off excess weight and harmful stomach fat. It'You want to be healthy. Having great gut health is linked to good health throughout your body. Not merely can' And we consider the many other actions you can take to aid your beneficial bacterias, from avoiding needless antibiotics to changing the way you consider dirt and germs. With every research that's published, scientists are more convinced that having a wholesome gut results in having a sound body. We're accustomed to thinking of bacteria as bad—and some are—but the majority of the bacteria and microbes inside our guts do amazing things, like dealing with our disease fighting capability to fight disease and helping our bodies digest food. Scientists in this rapidly growing field have found connections between gut microbes and the We want to be lean. In this publication, we look at all the ways you can improve your own gut health, you start with the food you eat. My diet recommendations, meal plans, and recipes can help feed and protect your gut microbes.immune system, weight loss, gastrointestinal health, , allergies, asthma, and also cancer. Even the choices you make about how exactly you bring your kids into the world can have an influence on your family's microbiomes. In The Lose Your Tummy Diet plan, we'll cover all of the bases, giving you all you need to know to make dramatic changes in your GI wellness, your weight, your belly fat, and your overall health.



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Stork has helped me reduce my insulin intake. I recommend this book for anybody who wants to change their existence. Aged fashioned rolled oats, etc etc. All the 5 star reviews are correct. I've lost 30 lbs from January 5th to right now. An excellent, common-sense, life-changing read. Tried one of the quality recipes for chicken and it was superb I'm very impressed with the book Just got the book yesterday. Ignore the naysayers This is a fantastic plan and is easy to check out. I didn't use the recipes, as well complicated, and costly as well! I purchased the Kindle edition and it downloaded without issue, however, I wish I experienced ordered the reserve because I prefer a complete index for referring back and forth. Forget all the other diet books which have failed you. This is actually the one to get. Easy to read and understand . In less than 14 days I have lost 8.2 pounds. Recommended. It was an easy read, experienced all the details I had a need to start. I recommend this book for anyone who wants to change their ... Greek yogurt each day, berries, just sweeten with honey. Since reading this book I've changed my diet so when a sort 1 diabetic I can let you know that Dr.Happy with the results Happy with the outcomes, I incorporated my very own food tastes and blended them with lots of veggies, fruit, kale, spinach and romaine lettuce, an enormous salad everyday, no sugars, no white flower, no bread other than 100% wheat a few times a week, cut out soda entirely. I was using 336 units a time in my own pump and have decrease at least 85 products less! I then started walking 2-5 miles three times weekly - 15 pounds to visit my goal. Tried one of the recipes for poultry and it was fantastic I'm extremely impressed with the book An easy task to follow and full of great information! I didn't workout the first 2 a few months wanted to make certain I was losing from the food. 5 stars for sure! Everyone should make this book a priority for 2017. It'll cause you to hyper-aware of the meals that you will be placing in your stomach! Great book. I've IBS and am looking towards trying your recommendations. The book is simple to follow and has realistic tips with normal foods. Thanks A good read. Much of the info in the book is not new to those people who are health conscious, but it is presented in a brand new way. And Dr. Once you learn anything about Travis, he's a veggie. An excellent read. For VEECS! Stork's suggestions for implementing the plan are workable for most people. If you eat meat, chicken or seafood, I don't believe this publication would do you any good. Five Stars Easy reading Very happy with gloves for our long haired puppy. I would recommend. It was plenty of great info Great info! We love our gloves they work really well on our dog. Don't eat stuff listed A+ Very healthy program Great ideas This book is exciting. Still fat Books Not what I expected. Now I simply need to stick to it Good information and reliable source.



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