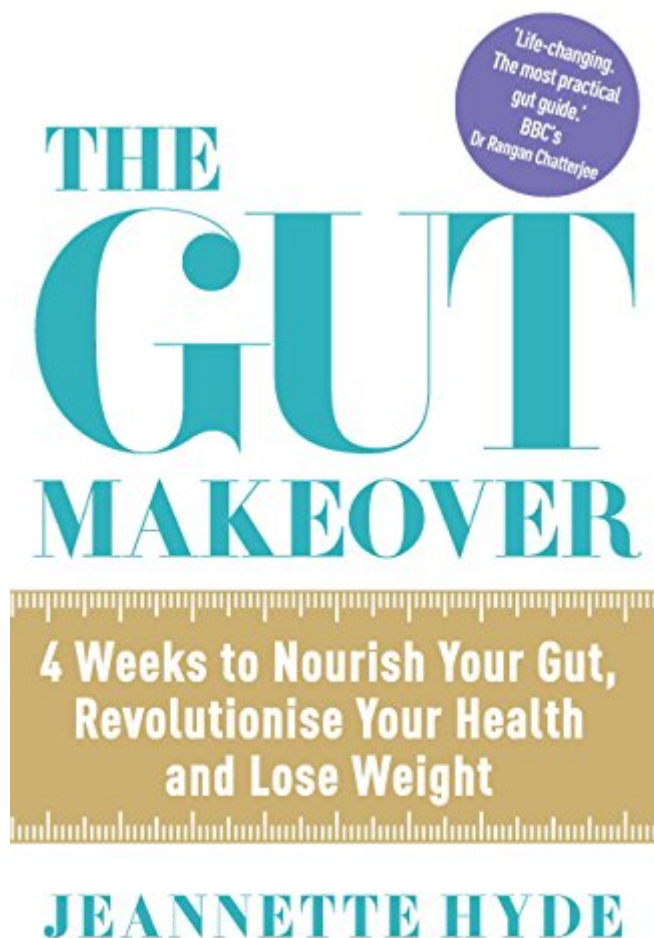




The book was found

The Gut Makeover: 4 Weeks To Nourish Your Gut, Revolutionise Your Health And Lose Weight



Synopsis

'LIFE-CHANGING. THE MOST PRACTICAL GUT GUIDE.' Dr Rangan Chatterjee of BBC1's Doctor in the House Transform your body with this 4-week health plan for a healthier mind and body. This is more than another fad diet. This is a lifestyle you'll want to adopt for life. Revolutionary new science has shown that the state of our gut is central to our weight, health, immune system and mood. Packed with easy-to-follow advice, the latest science, meal plans and delicious recipes, The Gut Makeover is a radical new approach to eating and living. The Gut Makeover is the only book you'll need to control your weight, improve your skin, sleep better, lift your spirits, and strengthen your immune system for good.' I dropped a dress size. I feel mentally clearer, far less emotional, have got rid of an ongoing chest infection and sleep better on a regular basis than I have in months. So much so that a few months later I'm still eating according to the plan, which doesn't feel like a hassle at all.' The Times

Book Information

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Customer Reviews

Love this book and use it all the time. So much good information about gut health and how food affects it. I've started making sure I eat a good variety of colorful vegetables and high quality protein.

Anyone wanting to improve their health should buy this book. I feel better and enjoy going to the grocery store looking for new veggies to try. I love it so much I sent one to my sister and she loves it too. You'll learn the importance of chewing slowly and properly, also that cold potatoes digest differently than warm, the fiber changes to a resistant starch....now I can add a few of those back into my diet. So excited about all the things I've learned from this book! Also contains good recipes. Highly recommend the book, well written, so informative, and easy to understand.

So many eating plans are weak on science, but this one takes into account the current information about the huge role of the microbiome in the health of the human body. Plus, it is easy to follow long term.

Good book that has some interesting ideas about the gut and how to keep it working well. Easy reading that works well with the companion recipe book.

Thanks for a great starting point for better health after antibiotic treatment. Delicious recipes.

Simple to understand and follow, yet provides a wealth of information! Love! And the other recipe book by Hyde is so wonderful also!!

Very easy to follow and the recipes tasted great! The book really lays out a good basic plan to follow. As time went on, I was able to make my own dishes using the basic ingredients listed in the book.

Great book! Relevant, up to date, information on gut health and diet.

I started this diet change in the middle of January. 10 months later and I have lost 42 pounds and not only are they staying away but I am still slowly losing more and getting ever closer to my fit weight of 175 for my 6'3" frame. I am fitter and more healthy than I have been in 10 years and I am 65. For the year prior to the diet, I needed to take prilosec for GERD. As soon as I started the changed diet I was able to stop the prilosec and I no longer needed metamucil. The new diet did this. With this new diet I was/am never hungry. The down side is meals take longer to prepare and to eat. Your food bill does go up a bit and you visit the grocery store more often. But you get your health back... I sleep better... tire less quickly... I am told my skin looks better. I sure feel better. I

wish I had done this 40 years ago... I tell all my friends about it. So my advice to anyone reading this is to buy the book and give it a try. I did just to see and my body told me it was working within days and I knew for sure within a couple of weeks.

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