

[PDF] The Lose Your Belly Diet: Change Your Gut, Change Your Life

Travis Stork - pdf download free book

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THE LOSE YOUR BELLY DIET - CHANGE YOUR GUT, CHANGE YOUR LIFE

Here's what people are saying about this plan:

"My body has changed drastically. I've trimmed down to the more youthful look I used to have. It's more than just weight loss. I am exceeding my expectations on this plan."
—BRENDA D. (49)

"I have more energy and my clothes all fit differently. My stomach looks flat instead of always bloated. My digestion is much better, and I'm able to focus much better. I feel very positive and excited. I've gained knowledge of what I am eating and how my body uses it, which is probably the most exciting thing!"
—DEVIN D. (28)

"I have way more definition and look leaner and more fit. A number of people have stopped me to tell me how fantastic I look. My skin is smoother and glowing too."
—CARLA P. (42)

"My stomach looks less like a balloon! I am losing my muffin top! I have near-perfect digestion! No more heartburn or gas! I have more energy too, and I am very confident that this works!"
—KAREN H. (50)

"I have definitely increased my fruit and veggie intake a lot, which is wonderful, and I feel more energized! I don't feel sluggish. My clothes fit better! My tummy has shrunk tremendously, and I am feeling younger and more toned."
—JODI F. (39)

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Description:

We want to be healthy. We want to be lean. And we want to lose that annoying fat around our bellies!

We can achieve ALL of these goals with *The Lose Your Belly Diet*. Based on exciting new research about the dramatic benefits of vibrant gut health and a diverse gut microbiome, this plan nurtures

your gut while helping you burn off excess weight and harmful belly fat.

This plan is built around a very clear, research-based concept: Eating food that nourishes and protects the microbes in your gut paves the way for weight loss, a slimmer middle, and better overall health.

It's not just about weight loss. Having great gut health is linked to good health throughout your body. Scientists in this rapidly growing field are finding connections between gut microbes and the immune system, weight loss, gastrointestinal health, , allergies, asthma, and even cancer. With every study that's published, scientists become more convinced that having a healthy gut leads to having a healthy body.

We're accustomed to thinking of bacteria as bad—and some are—but most of the bacteria and microbes in our guts do amazing things, like working with our immune system to fight disease and helping our bodies digest food. Not only can't we live without them, but as their numbers and diversity increase, so too does our health.

In this book, we look at all of the ways you can improve your own gut health, starting with the food you eat. My diet recommendations, meal plans, and recipes will help feed and protect your gut microbes. And we look at the *many* other steps you can take to support your beneficial bacteria, from avoiding unnecessary antibiotics to changing the way you think about dirt and germs. Even the choices you make about how you bring your children into the world can have an impact on your family's microbiomes.

In *The Lose Your Belly Diet*, we'll cover all the bases, giving you everything you need to know to make dramatic changes in your GI health, your weight, your belly fat, and your overall health.