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Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss (Paperback)

By Brenda Watson, Leonard Smith

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Brand New Book. The secret to permanent weight loss revealed. The real reason diets fail has nothing to do with calories and everything to do with the balance of bacteria in your gut. A simple guide to show you how to finally achieve your ideal weight. The 100 trillion bacteria that live in your digestive tract which make up 90 percent of the cells in your body are the real reason you gain or lose weight. When those microbes are out of balance, chronic health conditions can occur, including irritable bowel syndrome, fatigue, and obesity. By balancing the good and bad bacteria, you can finally achieve your ideal weight for good. In *The Skinny Gut Diet*, New York Times bestselling author, public television icon, certified nutritional consultant, and digestive health expert Brenda Watson offers an insightful perspective on the little-known connection between weight gain and an underlying imbalance of bacteria in the gut, or what she calls the "gut factor" the overlooked root cause of weight gain. Drawing upon the latest scientific research, Brenda illuminates the inner workings of the digestive system and provides...



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