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The Microbiome Diet: The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss

By Raphael Kellman

The Perseus Books Group. Hardback. Book Condition: new. BRAND NEW, The Microbiome Diet: The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss, Raphael Kellman, Cutting-edge science has shown that the microbiome is the secret to healthy weight loss and to feeling healthy, energized, optimistic, and at the top of your game. The microbiome is a whole inner world that lives within your intestines--trillions of tiny microbes that help you extract the nutrients from your food, balance your mood, and sharpen your clarity and focus. These beneficial bacteria make up a separate ecology within the body and have an enormous influence on your metabolism, your hormones, your cravings--even your genes. The microbiome's health is intimately involved with yours: when it flourishes, you flourish. When it craves sugar, so do you. When it operates at peak efficiency, so does your metabolism. And when your microbiome is out of balance, you might find yourself gaining weight or unable to lose weight, no matter how much you exercise or how carefully you eat. To achieve your ideal weight, you need the help of your microbiome. Now, drawing from nearly two decades of experience as a specialist in functional medicine...



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