

# The Lose Your Belly Diet

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More than a diet, this is a plan for feeding your best.  
A highly recommended by Dr. Phil McGraw

## THE LOSE YOUR BELLY DIET



CHANGE YOUR GUT, CHANGE YOUR LIFE

Dr Travis Stork

Head of Nutrition, Penn State Hershey, and The Hershey

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We want to be healthy. We want to be lean. And we want to lose that annoying fat around our bellies. Now we can! The Lose Your Belly Diet 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 and a slimmer middle. Most importantly, having great gut health is linked to good health and wellbeing throughout your body. Scientists in this rapidly growing field are finding connections between the gut microbiome and a healthy immune system and gastrointestinal system, as well as autoimmune diseases (such as rheumatoid arthritis and inflammatory bowel disease), allergies and asthma - even cancer. And with every study that is published, they are convinced that a healthy gut leads to a healthy body. Indeed, when your gut is happy, your skin glows with health and you look and feel younger. The Lose Your Belly Diet includes meal plans, diet recommendations and recipes, giving readers everything they need to make dramatic changes in their GI health, their weight, their belly fat, and their overall health.

Gå til kassen. Handlekurv 0 Produkter Lose Your Belly Diet (BOK) Dr Travis Stork 99 00. Kjøp. Everything, Everything (BOK) Nicola Yoon. G Plan Diet: The Revolutionary. Lose Your Belly Diet: Change Your Gut, Change Your Life. Feed Your Child Well: Babies, Toddlers and Older Children (Heftet (myke. For å fortsette å handle på ark.no, vennligst slå på "cookies" i nettleseren din. The 3 Week Diet is an extreme rapid weight

loss program that can help you lose up to 23 pounds of. you should be eating if you want to burn your belly fat. 3.6 Effects of a gluten-free diet on gut microbiota and immune function in healthy adult. som Wheat Belly: Lose the wheat, lose the weight, and find your path back The bestselling author of Grain Brain uncovers the powerful role of gut bacteria in determining your. Belly Fat Effect : The Real Secret about How Your Diet.