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A skinny gut. The Skinny Gut Diet centers around an easy-to-follow diet plan. A 14-day eating plan, dozens of delicious recipes and sage advice help you achieve—and maintain—digestive balance and sustained weight loss.

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The Skinny Gut Diet demonstrates the lifestyle factors that create a bacterial imbalance in the first place, outlining a plan for healthy digestion that readers can immediately implement. The plan within this book is simple- curtail sugar consumption and eat more healthy fats, living foods, and lean protein.

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The Skinny Gut Diet is made up of 3 simple rules: Rule #1. Eat more healthy fat to reduce silent inflammation Healthy fats — especially those high in omega-3 — will help to quell the silent inflammation that comes with being overweight. On the Skinny Gut Diet, you will not have to track your fat intake.

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A skinny gut. The Skinny Gut Diet centers around an easy-to-follow diet plan. A 14-day eating plan, dozens of delicious recipes and sage advice help you achieve—and maintain—digestive balance and sustained weight loss.

The Skinny Gut Diet eBook by Brenda Watson, C.N.C

The Skinny Gut Diet suggests that the bacteria can however also assist in weight management. It is claimed that if you eat the right foods and avoid the wrong ones then you lose weight, reduce cravings, ditch digestive upsets, boost immunity, and reduce inflammation.

Skinny Gut Diet - FUTURELIFE®

The Skinny Gut Diet is full of tools like these to help make it easy for you to stick with the diet and help ensure your success. There is an entire chapter (Chapter 10) of POWER TOOLS that you can use to help

you along the way.

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