



# The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss

By Brenda Watson C.N.C., Leonard Smith M.D., Jamey Jones B.Sc.

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**The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss** By Brenda Watson C.N.C., Leonard Smith M.D., Jamey Jones B.Sc.

**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 instructions for achieving a healthy bacterial ecosystem that spurs weight loss by enabling the body to absorb fewer calories from food, experience reduced cravings, and store less fat. The premise is simple: curtail sugar consumption (and its surprising sources) and eat more healthy fats, living foods, and protein to balance the gut bacteria. The result? 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. With inspiring real-life stories of ten individuals who transformed their health on the Skinny Gut Diet, Brenda empowers you to become your own health advocate so that you can finally shed unwanted pounds and enjoy optimal health and vitality.

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## **Editorial Review**

### **Review**

"Nobody knows more about the Gut than Brenda Watson. She is one of my teachers. Her knowledge of how it works and how to eat will be transformative and reading *The Skinny Gut Diet* will be life changing."

--Suzanne Somers, *New York Times* bestselling author

"Author Brenda Watson has compiled an astoundingly comprehensive yet user-friendly guide to a promising health frontier: management of gut flora to achieve optimal health and weight. If you have been looking for a source for informed, insightful, real-world advice on participating in this explosive and exciting movement, Brenda's *Skinny Gut Diet* is destined to become the classic."

-- William Davis, MD, *New York Times* #1 bestselling author of *Wheat Belly*

"*The Skinny Gut Diet* opens the door to success not only in terms of weight loss, but more importantly, for giving the reader a user-friendly plan based on the most well-respected leading edge science that will clearly enhance your health and longevity."

-- David Perlmutter, MD, *New York Times* #1 bestselling author of *Grain Brain*

### **About the Author**

BRENDA WATSON, C.N.C has dedicated her career for over 20 years to helping people achieve vibrant, lasting health through improved digestive function. A dynamic health advocate and celebrated Public Television health educator, she is among the foremost authorities in America on optimum nutrition, digestion, and natural detoxification methods. She is the author of *The Fiber35 Diet*, a *New York Times* bestseller, and eight other books on gut-related health.

LEONARD SMITH, MD is a board-certified, general, gastrointestinal, and vascular surgeon. Currently, Dr. Smith is on the volunteer faculty at the University of Miami Department of Surgery and Department of Integrative Medicine.

JAMEY JONES is a health and science writer with a background in botany and nutrition. She has coauthored *Heart of Perfect Health*, *The Road to Perfect Health*, and *Gut Solutions* second edition with Brenda Watson.

## **Users Review**

### **From reader reviews:**

#### **Mario Berry:**

The actual book *The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss* will bring you to definitely the new experience of reading some sort of book. The author style to explain the idea is very unique. When you try to find new book you just read, this book very appropriate to you. The book *The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss* is much recommended to you to learn. You can also get the e-book through the official web site, so you can easier to read the book.

**Derrick Tompkins:**

Typically the book The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss has a lot details on it. So when you read this book you can get a lot of gain. The book was compiled by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you will get the point easily after perusing this book.

**Joseph Boyd:**

E-book is one of source of understanding. We can add our information from it. Not only for students but also native or citizen will need book to know the upgrade information of year in order to year. As we know those ebooks have many advantages. Beside many of us add our knowledge, can bring us to around the world. With the book The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss we can get more advantage. Don't someone to be creative people? To become creative person must choose to read a book. Just simply choose the best book that ideal with your aim. Don't be doubt to change your life with this book The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss. You can more attractive than now.

**Concepcion Shaw:**

Many people said that they feel bored when they reading a book. They are directly felt the idea when they get a half elements of the book. You can choose the particular book The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss to make your reading is interesting. Your own skill of reading expertise is developing when you similar to reading. Try to choose easy book to make you enjoy to learn it and mingle the impression about book and examining especially. It is to be 1st opinion for you to like to available a book and read it. Beside that the book The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss can to be your new friend when you're sense alone and confuse with the information must you're doing of the time.

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