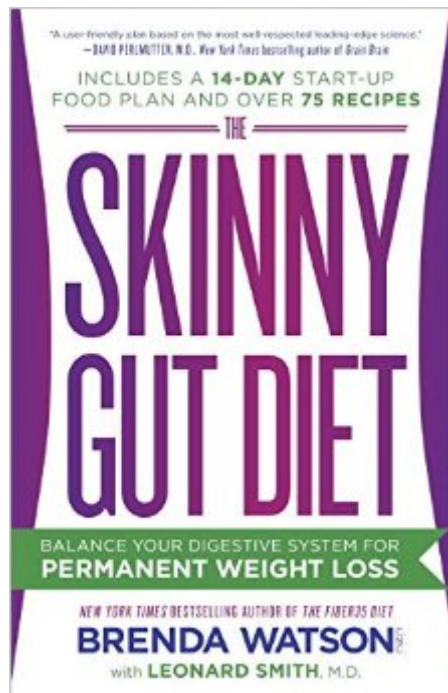


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The Skinny Gut Diet: Balance Your Digestive System For Permanent Weight Loss



Synopsis

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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Customer Reviews

Well, this is a long review because I'm very excited about the results I've been seeing with this book and I feel the need to tell someone! I got an advance copy of this book, so I have been following the diet (more or less) for the last two weeks even though it's been out for just one week. I started feeling better almost immediately, but wanted to wait to post a review to see if I lost weight as well. I hadn't even realized how out of whack my system was until I started waking up without my usual cramps, gas, and bloating that I'd been taking for granted. It has been two weeks now and I'm excited to say that as of this morning I have lost 4 pounds. That might not sound like much but I have been trying to lose 20 pounds for about a year, and despite training for a half marathon earlier in the year, I have been unable to get the scale to budge until now. (I'm 6' and now 196, down from 200.) The first half of the book explains the science behind the dietary restrictions, which forbid rice, wheat, most grains, starchy vegetables like potatoes, and sugars. It does go on a bit long and I wanted to say "WHAT DO I EAT?" but I think this diet has some similarities to the Paleo diet, so if you have heard of that, you have some idea what you will be eating. I thought it would be difficult to follow the restrictions, especially as I am a vegetarian and have fewer options to choose from, but I'm happy to say that I have been able to adapt pretty easily. Now that I'm not starting the day off with some sort of bread or bagel, I don't seem to get hungry like I used to, and if I do get hungry I have a bunch of different snacks I can choose from amongst the suggestions (celery with almond butter, almonds, cheese, etc).

Like most people who might be interested in this book, I've had digestive and gastrointestinal troubles for most of my life. I've gone to doctors, purchased self-help books, and changed my diet countless times with limited results. But, I watched a thing on PBS with Brenda Watson and she seemed very knowledgeable about a wide range of health subjects. I happened to find the Skinny Gut Diet, and it has changed my life for the better. The restrictive meal plans might be difficult for some, but, let me assure you, it's worth it. I've lost around 10 pounds after only a month using the system and my "guts" just generally feel better. I don't have long bouts with heartburn or indigestion anymore and it's all largely because I've started following probiotic precepts in Watson's book. Of course, eating right and exercising don't take all the pain away. While the Skinny Gut Diet helps, I've

also looked elsewhere for relief. Kevin Richardson's Simple Natural Cures: Cheap & Effective Remedies for Everyday Common Ailments has some easy, safe, and effective methods for curing the indigestion that plagued me so severely. No one really wants to rely on pharmaceutical or over-the-counter medications to treat their dietary and digestive ailments, and both of these books give you the ability to treat your issues naturally. Of course, Simple Natural Cures also provides cures for 8 other common ailments. It even includes a dietary and nutrition plan that works great in conjunction with the Skinny Gut Diet. The Skinny Gut Diet is important both for weight loss and digestive health.

I was interested to read this book because I have a few friends who frequently talk about "leaky gut" issues and know many, many people who take probiotics daily to balance their gut. I wanted to learn more about the connection between gut issues and health. I thought the discussion at the beginning of this book was really interesting and I learned a lot about the science behind probiotics and prebiotics. Sometimes reading the science behind a specific way of eating can be pretty dry, but I was interested in what Watson was sharing with readers. As far as the actual eating plan goes, the best part of it is that it balances using juices and smoothies with a low-carb lifestyle. I like the idea of juicing to increase the amount of green vegetables, but it can be hard to maintain when you want to eat real food. Watson offers a balanced approach. Watson's formula for tracking sugar intake is easy to use. It helps you find hidden sugar you might not be aware you are eating. However, I had a really big problem with this book! One of the best things about reading a diet book is to get new recipes for healthy eating. I was reading this book as an ebook and without exception, all of the quantities of ingredients in the recipes were cut off the page! I minimized the font to the smallest size in hopes that it would show the measurements on the page. It worked, but then the font was so small that it was hard to read. The recipe titles did not show up when reading in the day setting as they were obscured by a bold black line. It was frustrating to have to fiddle around with the settings just to read the recipes. Overall, I would recommend this book for anyone who is interested in improving their health.

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