



The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!

Gerard E. Mullin

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Losing weight for good is truly possible!

Recent cutting-edge research shows that human intestinal microbiota influences metabolism, appetite, energy, hormones, inflammation, and insulin resistance. Because gut microflora plays a central role in weight management, losing weight is much more than cutting calories, fat, or carbs.

When the trillions of live bacteria in our digestive tract--the gut microbiome--are balanced, excess pounds melt away and we feel revitalized.

A leading authority on digestive health and the gut microbiome, Dr. Gerard E. Mullin shares the first proven, science-based program to restore and retain weight loss by achieving a balanced gut flora in *The Gut Balance Revolution*. He reveals how to stifle the fat-forming, disease-promoting gut bacteria, reseed your gut with good fat-burning ones, and fertilize those friendly flora with just the right foods to reboot, rebalance, and renew your health--and lose weight for good. It's all grounded in hard science and his over 20 years of clinical experience with patients in his medical practice. Dr. Gerry Mullin's trailblazing program provides:

- **Research** The latest, up-to-date frontline science behind how balancing your gut flora can burn fat and restore health
- **Reboot, Rebalance, Renew** Step-by-step meals plans, food charts, plus 50 delicious, easy recipes
- **Rev Up** An exercise routine for each phase of the process
- **Real Life** Bona fide success stories of people who seamlessly lost up to 40 pounds--and kept it off!

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fantastic as the outside as well as cover. Your reading sixth sense will directly assist you to pick up this book.

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