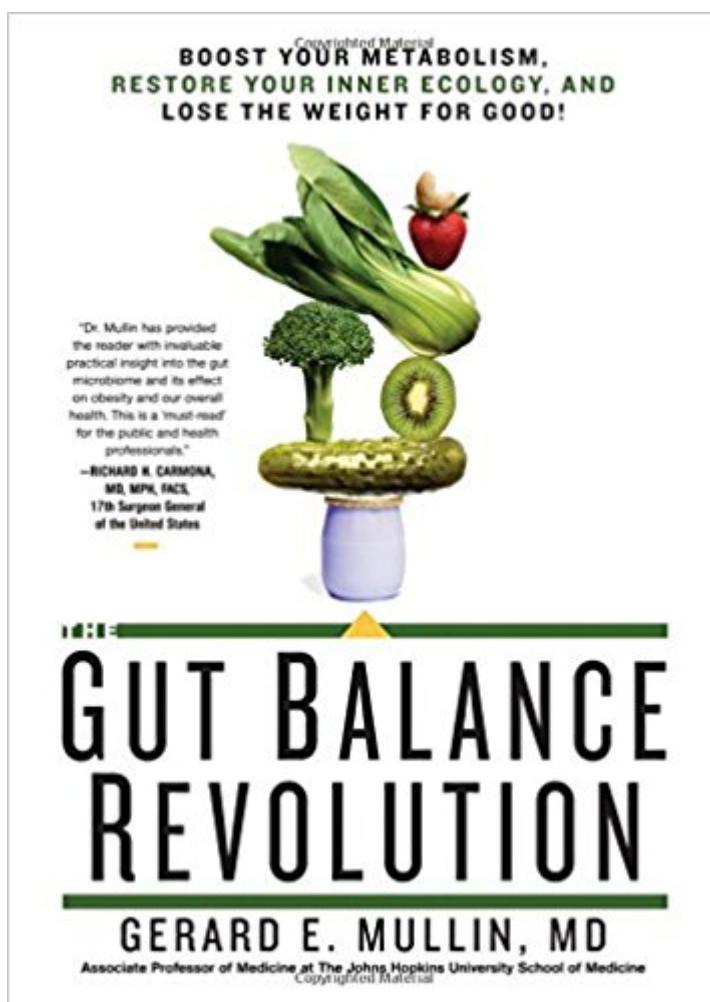


The book was found

The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, And Lose The Weight For Good!



Synopsis

Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism, appetite regulation, energy expenditure, and endocrine regulation. Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less. In *The Gut Balance Revolution*, Dr. Gerard Mullin, the foremost authority on digestive health and nutritional medicine, explains how to prevent leaky gut, inflammation, and insulin resistance, which are major contributors to obesity. This book will teach you how to rebalance the gut microbiome using a simple three-step method: Reboot: Weed out fat-forming bad bacteria by eliminating foods that make them grow and promote inflammation, insulin, and fat accumulation, and reignite fat burning metabolism with exercise and dietary supplements. Rebalance: Reseed your gut with good bugs and fertilize these friendly flora to establish a healthy gut ecology, reduce stress, and reinstitute a healthy lifestyle including sleep hygiene. Renew: Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods. The book features step-by-step meal plans, shopping lists, restaurant guides, recipes, recommendations on dietary supplements, and exercises for each phase so you can easily reboot, rebalance, and renew your health.

Book Information

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Customer Reviews

"Mullin's promise of quick, sustainable weight loss through practices that also combat chronic health problems and discourage disease will have many readers lining up to devour this sensible guide."

---Publishers Weekly --This text refers to the Audio CD edition.

Gerard E. Mullin, MD, is an associate professor in the department of medicine, as well as director of Integrative Gastroenterology Nutrition Services at The Johns Hopkins Hospital. Nationally and internationally renowned for his work in integrative gastroenterology and nutrition, Dr. Mullin has accumulated more than 20 years of clinical experience in the field of integrative digestive health and earned his master's degree in nutrition while in practice. He is an honorary member of the Academy of Nutrition and Dietetics and a recipient of the Grace A. Goldsmith award for lifetime achievement in nutrition. Dr. Mullin has authored hundreds of publications and several books.

Ã Ã It's a great book with over 240 pages of content and another 150 pages of real food recipes designed to help you tune up your metabolism, balance blood sugar and reduce inflammation all by increasing the health of your gut microbiome. Dr. Mullin gives you the inside tract as to how these trillions of bacteria orchestrate your physiology; including thoughts, food cravings and level of body fat. If you've hit a weight loss plateau, have been on a low-carb, high-protein diet for an extended period of time this book will benefit you tremendously. I say that because Dr. Mullin shares the science about how microbiome shifts can slow down weight loss efforts and how to overcome them with his patient-tested 3 Phase protocol and recipes. The biggest aha moment for me was learning how high-meat diets impact our gut ecology. Now, more than ever, I'm motivated to make meat a condiment (rather than a staple) and boost my intake of phytonutrient-rich vegetables.

I am a 66 year old nurse practitioner and grandmother. On 7/6/15 I started on the Gut Balance Revolution food plan. I was working in a motorized wheel chair and using crutches for RSD in my left foot and I wore a fracture boot on my left foot because it hurt too much to wear a shoe. I could not go up and down stairs because of sever arthritis in my left knee and continued pain one year after a total knee replacement in my right knee. Today I am 40 lbs lighter, no longer take Naproxen for pain, Metamucil for constipation, or Valium for esophageal spasms. I am out of the wheel chair (I gave it away!), no longer use crutches, and can wear shoes, even heels! I still have RSD with neuropathic pain, but it is significantly improved. I am walking up and down stairs with minimal knee pain. Today I did a hill workout on the treadmill at level 5 for an hour! The Gut Balance Revolution didn't just give me my life back, I feel better than I did in my 20s! I remain at level 2 because if I eat foods off the orogram my pain is much worse. I will be eating like this for the rest of my life! Thank you Dr. Mullin!!!

Dr. Mullin has three levels for re-planting your intestinal microbiome. The science is well documented from meta-studies and individual studies of the microbiome with explanations and full references for each chapter. The food plan is very do-able and easy to shop for as there are no rare or unusual items. Have been on a MOD-FOD diet for the past year through my gastroenterologist and was grateful to find that I could easily move on to Dr. Mullin's level 2 as my weight loss had stopped. My body is using the abdominal fat up for my energy needs and there's a visible and tape-measurable change after one month as well as having a much higher energy level than I had before.

This book has a lot of information. Like another reviewer, I believe it was quite lengthy and could have been summarized more in the beginning chapters. (I kept thinking - get to the point.) If you are not someone who knows a lot about your gut and how foods interact with your body, read this. I would also recommend learning about the Paleo diet. They are very similar, however Dr. Mullin's removes FODMAP's. Also, in phase 2 he allows foods that you can not eat on the Paleo diet. This surprised me. As someone who suffers from Ulcerative Colitis I know my body can not process beans, yet they are listed as a superfood in Phase 2. I tried adding quinoa to my diet last year after reading all of the benefits, but my body also resisted it and I became very ill. In short, listen to your body. This book is a great starting point and you might have to tweak some things.

First you need to know that everyone is different. For me, the information is relevant as I had lost a lot of weight already and then got stuck for about 2 years. On the advice of my Functional Medicine doctor, I took on this book. It outlines THREE PHASES of rebuilding the gut bio. As of this writing I am in the second week of Phase II. My report is that my body FEELS tighter and my mind is clearer. My wife reports that even my complexion has cleared up and my facial skin is tighter. I fully intend to continue with this project.

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