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April 5, 2016 - Gut Bacteria DR MICHAEL

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Whether you are an IBS sufferer, have a food intolerance, or are simply looking to undo the damage done by processed foods and antibiotics, The Clever Guts Diet Recipe Book is packed with nutritional information, meal planners and all the advice you need to mend your gut and boost your health and wellbeing.

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The Clever Guts Diet Recipe Book Review
Rebooting. The book begins with a reboot phase and tips on keeping a food diary. In the first phase, you aim to cut down... The Recipes. The recipes are divided into different sections such as breakfast, ferments, light lunch and sweet treats.
Healthy Gut ...

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For more information about the clever guts diet, plus what to eat (and cut back on), buy The Clever Guts Diet book here, £4. Follow Dr Michael Mosley on Twitter @DrMichaelMosley and Anna @AnnaMaryHunter

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What to eat on the 'clever guts diet'

Bringing together the latest research into the Mediterranean-style diet, intermittent fasting and high intensity exercise, Dr Michael Mosley has integrated many of the Clever Guts concepts into his comprehensive lifestyle plan, *The Fast 800*.

Revolutionise your body from the inside out - Clever Guts

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The Clever Guts Diet Recipe Book is packed with nutritional information, meal planners

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and all the advice you need to mend your gut and boost your health and wellbeing. ISBN: 9781925640779 ISBN-10: 1925640779 Audience: General Format: Paperback Language: English Number Of Pages: 224 Published: 1st December 2017

The Clever Guts Diet Recipe Book, Australian and New ...

Minimise or avoid starchy carbs - meaning the white stuff: bread, pasta, potatoes and white rice. Switch instead to whole grains including bulgur (cracked wheat), whole rye, wholegrain barley, wild rice and buckwheat.

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Brown rice is OK. Legumes such as lentils, kidney beans and chickpeas are healthy and filling, too.

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It's not a big book - only the first 185 pages detailing the research and its findings plus another 103 pages on the repair and reboot, and the recipes. Details. The Clever Guts Diet : How to Revolutionise Your Body from the Inside Out by (author) Michael Mosley , with Tanya Borowski Paperback | 288 pages Published by Short Books in 2017 in the UK

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Dr Michael Mosley unveils life-changing new gut diet ...

In 2017 Michael Mosley released 'The Clever Guts Diet' book about gut health. In this book, Michael Mosley describes the gut system and the inter-related part of the enteric nervous system, and the make up of the biome of the intestines. The explanation given is that certain foods ha

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The Clever Guts Diet by Michael Mosley - Goodreads

If you're giving Dr Michael Mosley's Clever Guts Diet a go, this delicious breakfast recipe is one to bookmark for phase one. Taken from the Clever Guts Diet Recipe Book, written by GP (and Mosley's wife) Dr Clare Bailey and nutritionist Joy Skipper, it's perfectly balanced, easy to make and great for boosting your gut health.

Clever Guts Diet Recipe: Blueberry Chia Pots

The companion cookbook to the international

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No. 1 bestselling Clever Guts Diet Australian and New Zealand edition 150 delicious recipes to help you nourish your body from the inside out Your gut is key to your physical and mental wellbeing - home to your microbiome, an army of microbes that influences your weight, mood and immune system.

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