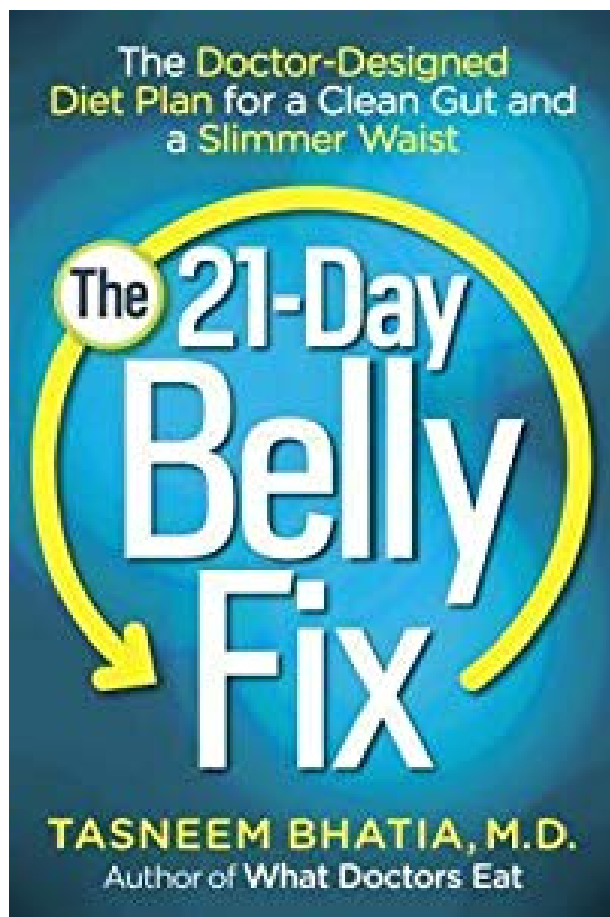


The 21-Day Belly Fix: The Doctor-Designed Diet Plan for a Clean Gut and a Slimmer Waist



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A leading integrative physician shares a groundbreaking 21-day eating plan to shed pounds, accelerate metabolism, balance your digestive system, improve gut function, and feel better every day—without dieting! There are one hundred trillion reasons losing weight and staying healthy are so hard: That’s the number of bacteria living in your digestive system—good bugs and bad that influence everything from how much fat you store to whether or not you’ll get arthritis, diabetes, or Alzheimer’s. No one knows how to unlock the mystery of the gut and balance probiotic health better than Tasneem Bhatia, M.D., alternative medicine advisor for Prevention and director of the Atlanta Center for Holistic and Integrative Medicine. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple, effective plan—proven again and again on thousands of her own patients—than can reprogram your digestive system, reverse disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once “fixed,” you’ll continue to shed dangerous fat—no dieting required! Drop pounds fast, and lose more than 10 pounds in 21 days, with much more to come after your digestive bacteria is balanced. Speed up your metabolism, and read about the groundbreaking new research that proves a direct link between your gut bacteria and how quickly you burn fat. Reduce inflammation, and rebalance your body to help fight diabetes, arthritis, Alzheimer’s, skin

disorders, and more. Find focus and clarity, with the help of simple and delicious foods that feed the healthy microorganisms in your gut—and fight the bad ones! The Belly Fix is the final word on what researchers call your “second brain” and the simple ways that fixing your diet—instead of committing to a long-term food-banishing plan—can get your gut out of the gutter and help you to start feeling great. With delicious recipes and easy swaps, The Belly Fix is the ultimate no-diet weight-loss plan! From the Trade Paperback edition.