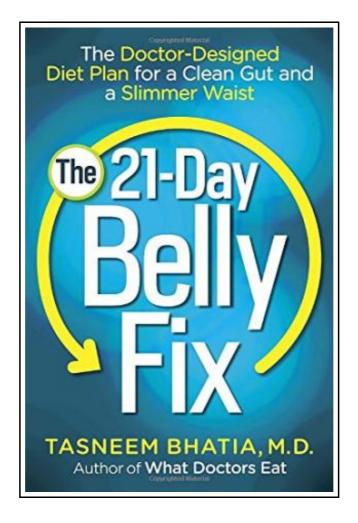
The 21-Day Belly Fix: The Doctor-Designed Diet Plan for a Clean Gut and a Slimmer Waist



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Reviews

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

(Shayne O'Conner)

THE 21-DAY BELLY FIX: THE DOCTOR-DESIGNED DIET PLAN FOR A CLEAN GUT AND A SLIMMER WAIST



Zinc Ink. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.1in. x 6.1in. x 0.6in.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 daywithout dieting! There are one hundred trillion reasons losing weight and staying healthy are so hard: Thats the number of bacteria living in your digestive systemgood bugs and bad that influence everything from how much fat you store to whether or not youll get arthritis, diabetes, or Alzheimers. As medical director of the Atlanta Center for Holistic and Integrative Medicine, Tasneem Bhatia, M. D., is an expert in unlocking the mystery of the gut and probiotic health. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple planone that has worked for thousands of her own patientsthat aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once fixed, youll continue to feel the benefits. Drop pounds on the 21-Day Belly Fix plan, with more to come, as you continue to follow the program designed to balance your digestive bacteria and put you on the path to long-term health and vitality. Speed up your metabolism with the help of 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, Alzheimers, skin disorders, and more. Find focus and clarity with the help of simple and delicious foods that feed the healthy microorganisms in your gutand fight the bad ones! The 21-DayBelly Fix is the final word on what researchers call your second brain and the simple...

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