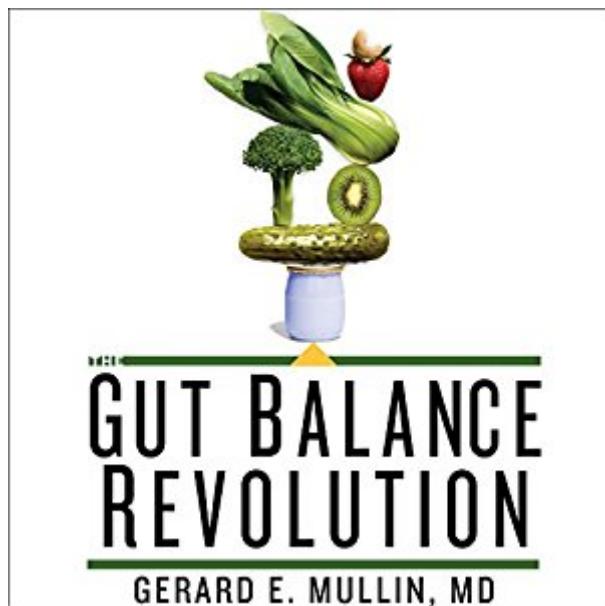


The book was found

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



Synopsis

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, Gerard E. Mullin, MD, 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.

Book Information

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Customer Reviews

Length: 2:09 Mins

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.

Now 3 days in, I have a few more thoughts on this book. While appreciating the vast amount of information here, good writing, lots of relevant anecdotes, and all the work gone into the menu plans, shopping lists (big plus!!!), and recipes, there are a few things I think should be clarified and that have been small, if not insurmountable stumbling blocks in putting this into action for us:1) the sample menu plans in the back for each stage have no directions about portion sizes. Should everyone eat the same? men and women? active vs. unactive? While the recipes say how many portions each recipe makes, there is no guidance if everyone should eat the same portions for all the meals, or what to do if you feel like it's not enough, etc.2) He says no dairy for phase 1, but phase 1 has two recipes with cheese in them (yay for me, but there should be consistency between the meal plans/recipes and the text in the book)3) There is no guidance about what to do if you don't want to follow the meal plans, but still want to follow the overall policy. For example, at each meal, have one protein, 1-2 veggies from the approved list, and a healthy fat, etc (making those up, but those kind of guidelines for people who want more flexibility would be helpful).4) The information in the book is good, but dense. A 'quick start' guide, or a reminder guide at the end of each chapter for people who just want a refresher on the 'rules' for each phase, would be a welcome addition. EG: Phase 1: lean meats ok, low fodmaps, low carb (less than 55 g per day), no gluten, no dairy. Etc. Still recommend, but takes some work to filter down into practical things you need to know to put it into practice on your own.

It is not often that you find the titles "gastroenterologist" and "nutritionist" referencing the same person. Dr. Gerry Mullin has continued to author books on the cutting edge of integrative and functional medicine; presenting this information in a way that everyone can learn and benefit. This is a must read for health care providers, and anyone who has struggled through countless diets. For the last ten years I have worked with patients, day in and day out, with their weight loss goals. Weight loss has never been about "calories in: calories out." Think about this - it has become the norm in our culture for people to continuously try extreme dieting. It has become 'okay' to starve yourself in the pursuit of a lithe frame. This is why this book is so important to the health of our nation. The food that you eat affects your microbiome and this in turn, affects your ability to lose and

gain weight. Dr. Mullinâ™s new book, The Gut Balance Revolution, should be seen as a beacon of hope to anyone who is struggling with losing weight. This book will teach you how to eat to rebalance your gut and your metabolism. THIS is how you lose weight and keep it off for good!

The first third of this book is really heavy on the âœscienceâ• of why this program will work. All the heading and subheadings in this section are important, but the explanations are much too long for me. In my view, each paragraph topic could have been discussed in about a third of the space. There is a good âœnuggetâ• of information under each topic, but the scientific explanations and emphasis on studies and results got way too technical. I almost stopped reading because of it. But if you like that kind of thing, youâ™ll love this book. That being said, after just 3 days on the Phase 1 part of the program, I am already noticing a decrease in my abdominal bloating! The shopping lists and recipes are wonderful and helpful; the menus will serve as a good guide to see how to put meals together if you choose not to follow them exactly. There is a section on vitamin/supplements, but it appears that the supplements on the list may have been chosen because of their reputation for aiding in weight loss. I would have liked to see some information, if only in general, about how prescription medications and supplements taken for health support might impact the program. I know I will do well on Phase 1 of the program as itâ™s similar to other low-carb, higher protein programs. Phase 2 is where things will get different. I havenâ™t seen anything like this part of the Program anywhere else, so Iâ™m excited to see what happens when I get to Phase 2.

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