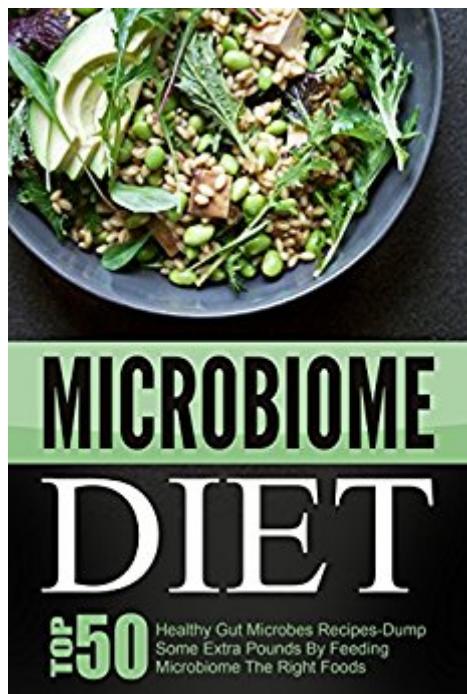


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# Microbiome Diet: Top 50 Healthy Gut Microbes Recipes-Dump Some Extra Pounds By Feeding Microbiome The Right Foods



## Synopsis

Top 50 Healthy Gut Microbes Recipes-Dump Some Extra Pounds By Feeding Microbiome The Right FoodsThe Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight LossBy increasing your intake of many plant based foods, such as vegetables, legumes, fruit, whole grains, nuts and seeds, you will be strongly supporting your digestive health and assisting the growth of the good bacteria that will make up your gut flora profileWhether we realize it or not, every one of us has an individually unique microbial eco-system in and on us, a *microbiome*, which is home to more than 100 trillion microbes. Sounds like a lot, doesn't it? In fact, that outnumbers our human cells by roughly ten to one. And what are all those microbes doing inside and all over our bodies? Well, the good microbes are for the most part hanging out in your gut, supporting your immune system, protecting you from disease, detoxifying your body and even keeping you slim, depending on which microbes your microbiome is hosting. Here Is A Preview Of What You'll Learn...Fast Facts + The Three Phases of Microbiome DietCaipirinha and Mint Fruit SaladPistachio Agave Grapefruit SaladGut-Friendly Blueberry GummiesFermented Apple and Red CabbagePolenta Crusted Artichoke TartAvocado and Seasoned Black Bean BurritoWild Salmon with Sautéed TomatoesTerrific Turkey Nacho BakeCherry Compote and Vanilla Panna CottaBerry Banana Apple Breakfast CasserolePortobello and Goat Cheese BurgerMuch, much more!Download your copy today!Try it now, click the "buy" button and buy Risk-Free

## Book Information

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## Customer Reviews

No pictures and boring to read. Uses canola oil, veg oil, agave, white sugar, bread, penne pasta, ketchup, fat free flour tortillas, all-purpose flour, bread crumbs, whole grain hamburger buns, and uses g as unit of measure. Not whole food based. I wish someone had given a better review of the books contents. Small book no page numbers so I can't say how small.

This is one of the most poorly written books I have ever read. Be aware and pay attention. If you use these recipes you need to know this persons background and why he is using such things as honey and agave.....This book reminds me of an adolescent school project.1. The pages are not numbered.2. The author has borderline- plagiarized the diet portion of Dr. Raphael Kellman's book The Microbiome Diet.3. I saw no publisher, address or contact.4. For so few words written by this author, the writing was awkward with numerous typos and words left out.5. The ending of the book asks for an post..very unprofessional.6. Who is this author? There are no credentials such as M.D., N.P. This person is not a nutritionist nor nutritional consultant. There was no bio to tell me of his background and why he is qualified to write this book.7. He has a poor understanding of the doctor's book and while he is saying to use Lakanto to sweeten in phase 2, the recipes have honey and agave in them...with no explanation.8. The back of the book has no recommendations from people in this microbiome field nor his picture.9. There was almost no research mentioned (x3) and no way to authenticate it.10. Be careful if you are obese or diabetic.

I must admit, this is one diet that would make those who are quite new into dieting, raise a few eyebrows. Not because of skepticism but rather, because this diet is still quite new and it would still take time for this diet to establish itself, be made known and to gain acceptance eventually. But after reading this eBook, of author David Richards, Microbiome Diet: Top 50 Healthy Gut Microbes Recipes- Dump Some Extra Pounds By Feeding Microbiome The Right Foods, I found the recipes very easy to prepare along with the healthy and nutritional benefits, one finds it just to hard not to give it a try and reap all its wonderful benefits for the body. Props to the author for coming up with such an endearing diet eBook. Cheers!

Though not a popular as other diets out there, Microbiome is a healthy diet option that one should try out. This book gave me some good insights into what exactly Microbiome diet is, how to plan this diet out and loads of recipes that I can try out to make this diet plan work. This diet takes into account the good bacteria in the body and the book explains in detail about it. If like me you are new to this diet, it provides easy step-by-step information about all the three phases, what you should eat and what you should avoid and all this is then backed by about 50 recipes designed for the three phases of the diet. If you are planning to lead a healthy life then this healthy diet is a must to try.

Youâ™ve heard about various types of diets and how it assures you weight loss within weeks. Ever wondered, how many live up to those claims? In reality, not many. I was going through some weight loss books on and stumbled upon this book by David Richards. Microbiome Diet? Havenâ™t heard of that before. I took a chance and purchased this book. I wasnâ™t disappointed in the least bit. This book guides you how to lose weight in a healthy way. For many who donâ™t know what Microbiome is, itâ™s a part of your body wherein intestinal tract microbes live. Healthy balance of these microbes result in holistic healing that helps you lose weight. It basically relies on two principles:1} Avoid consuming food thatâ™s bad for your stomach as that creates microbiome imbalance.2} Eat food that goes well with your system. That strengthens your stomach and aid in shaping your microbiome. There are loads of recipes when it comes to Microbiome Diet to help you achieve the body you have always wanted. Grab your copy today. A good read indeed!

I have used several types of diet book. This book here the " Microbiome Diet" is quite new to me and I am very impressed in it. Although not as popular as other diet regiments out there, Microbiome Diet proves to be one of the healthiest. This Microbiome Diet was created by Dr.Raphael Kellman, an intestinal health and integrated medicine specialist. Basically , the microbiome is a part of the body wherein intestinal tract microbes live. when there is a healthy balance of these microbes is one's system, holistic health is promoted, and fast and natural weight loss become easy. This diet could also, Eliminate Cravings, Boost metabolism, Enhance memory and cognition and so on. I can experience the changes in my body after practicing this diet. They are amazing. I suggest this book to everyone.

This book gave me some great experiences into what precisely Microbiome eating routine is, the way to arrange this eating routine out and heaps of formulas that I can experiment with to make this eating regimen arrangement work. This eating routine considers the great microscopic organisms in

the body and the book clarifies in insight about it. The book contains distinctive stages in consuming less calories and incorporates formulas for solid nourishment, in any case I do wish there were pictures that I can perceive how the formulas will look once cooked and served.

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