

The Microbiome Diet Scientifically Proven Way To Restore Your Gut Health And Achieve Permanent Weight Loss Raphael Kellman

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Drawing on nearly two decades of experience as a specialist in functional medicine and intestinal health, Dr. Raphael Kellman has developed the first diet based on these scientific breakthroughs. Offering a proven program to heal your gut and reset your metabolism, along with meal plans and 50 delicious chef-created recipes, The Microbiome Diet is the key to safe, sustainable weight loss and a lifetime of good health.

Microbiome Diet: The Scientifically Proven Way to Restore ...

The microbiome is a whole inner world that lives within your intestines-trillions of tiny microbes that help you extract the nutrients from your food, balance your mood, and sharpen your clarity and focus. Now, drawing from nearly two decades of experience as a specialist in functional medicine and intestinal health, Raphael Kellman, MD, has developed the first diet based upon on these scientific breakthroughs. The Microbiome Diet will help you Reset your metabolism Free yourself from food ...

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The Microbiome Diet: The Scientifically Proven Way to ...

The microbiome Diet, though very science sounding, is actually a diet uniquely suited for those who have tried various diets in the past and never found results. It's a new approach built upon the principle that the obesity problem many are facing is due to the digestive system being compromised by the foods we are eating - leading to leaky gut, inflammation, increased hunger and cravings, and ...

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The Microbiome Diet: The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss Raphael Kellman MD Cutting-edge science has shown that the microbiome is the secret to healthy weight loss and to feeling healthy, energized, optimistic, and at the top of your game.

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The diet is based around "Four Rs": 1) Remove the unhealthy bacteria and the foods that unbalance the microbiome; 2) Replace the digestive enzymes that you need for optimal digestion; 3) Reincubate with probiotics (intestinal bacteria) and prebiotics 9foods and supplements that nourish this bacteria and keep it healthy); 4) Repair the lining of your intestinal walls, which have likely become permeable and are releasing partially digested food into the bloodstream and causing major problems ...

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And diet is one of those key factors that some researchers suspect could kick off this whole process. The new study looked specifically at the effect of sugar on the gut microbiome and intestinal ...

High-sugar diet can damage gut microbiome, increase IBD risk

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