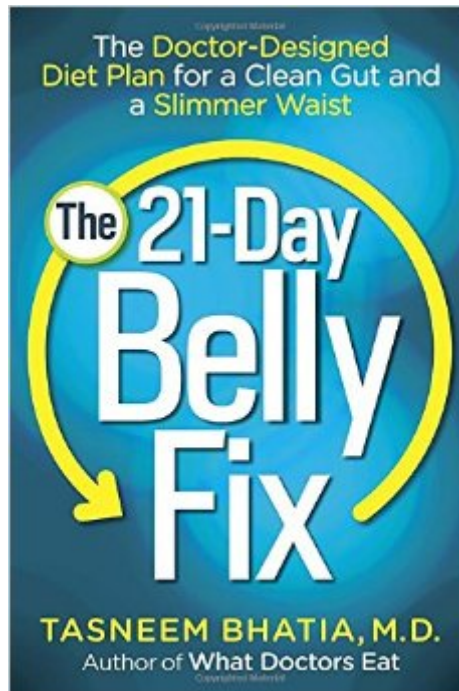


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The 21-Day Belly Fix: The Doctor-Designed Diet Plan For A Clean Gut And A Slimmer Waist



Synopsis

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. 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 plan—one that has worked for thousands of her own patients—that 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, you'll 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, 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 21-Day 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 21-Day Belly Fix is the ultimate weight-loss plan! Praise for The 21-Day Belly Fix If you are tired of feeling bloated and blah, let The 21-Day Belly Fix be your guide to good gut health and a slim waistline. This splendid book is truly a treasure, and Dr. Taz is one of the nation's leading experts on integrative medicine. Gerard E. Mullin, M.D., associate professor of medicine, Johns Hopkins, and author of *The Inside Tract and Integrative Gastroenterology*

Book Information

Paperback: 272 pages

Publisher: Zinc Ink (September 23, 2014)

Language: English

ISBN-10: 0553393642

ISBN-13: 978-0553393644

Product Dimensions: 6.2 x 0.7 x 9.4 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars Â Â See all reviews Â (116 customer reviews)

Best Sellers Rank: #41,325 in Books (See Top 100 in Books) #45 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #90 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #494 in Â Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I started this program about 13 days ago and have lost 10 pounds and I have lots more energy. I started it the day after I bought the book and was so excited I had to begin. I should have waited to find some of the 'hard to find' things that are required for the program. I spent a day running around town to find these unusual foods. I could only find Kefir(which I had never heard of) and Coconut milk yogurt at Trader Joe's, a grocery store in the next town from me. I still never found everything. (I'll order online next time I do this diet)I had migraine headaches for a week after I started from giving up coffee. I finally had to go back and drink a cup a day. Next time I'll wean myself off caffeine before beginning the program.After less than 2 weeks I am cheating already. Mainly because there isn't enough variety in the diet. There are lots of recipes I can try that are included, but the money it would take to buy everything is more than my budget will allow. I spent over \$200 on supplements and food when I began. Every recipe I tried I liked, even the Kitchari, and I don't like beans.I will recommend this program to family and friends, with the warning that it is not an easy diet, but it is worth it to feel better. I no longer suffer from the fatigue that would send me to bed in the middle of the day, and I don't have heartburn when I lay down. My tight clothes now fit. In the book, Dr Bhatia mentions a white coating on the tongue that indicates a bad gut. I had that when I started. I think I still have it, but it is nearly gone.Even though I 'failed' to complete the 21-day program, I can see that the diet has improved my health already.

I first saw Dr. Taz with a really terrible (emergency room worthy) case of eczema. I had read that this particular type of eczema could be chronic and even debilitating and could lead to a hopeless cycle of steroids and antibiotics. Along with supplements and meds, I left with a nutrition plan (very similar to The 21-Day Belly Fix) focused on healing my gut and it really turned things around for me. This was many years ago and I have been able to keep my skin clear since then by keeping my gut happy. Digestion really is at the root of it all.Flash forward to this year when she asked me to coach

the Belly Fix focus group through the plan. I had not yet laid eyes on the book, but I had been studying a lot about gut healing over the years and I was curious to see exactly how Dr. Taz laid out her plan. Here is what I love about The Belly Fix:-Dr. Taz talks a lot about Ayurvedic principles - something I have not seen in the other gut healing regimens I've studied.-It is educational, but has a very friendly tone - like she is sitting next to you and encouraging you.-The plan incorporates many traditional foods such as bone broth, miso, kombucha and kitchari. If you don't like one food, there is usually an alternative.-Although the plan requires discipline, there is a lot of grace in the program. The meals are simple and some foods, such as sauerkraut, can be purchased if you don't want to attempt the recipe provided in the book (provided it is fermented with sea salt and is unpasteurized).-In 21 days you are able to reduce cravings, shape your taste buds and boost energy so that continuing a healthy lifestyle after the plan comes naturally (everyone in the focus group carried over new healthy habits after the 21 days).

I was looking forward to the release of this book because I had researched holistic and integrative doctors in my area. (There are only a handful.) I wasn't having digestive issues per se, but I knew that my body had a lot of inflammation. Dr. Taz believes that the health of our body originates in the gut, so I thought I would give this book a try. I'm so glad that I did! The book is very user friendly; Dr. Taz thoroughly explains the entire digestive system and how any health problems you are experiencing can be traced back to the gut. Following the plan is not easy if you work outside of the house because of the timing of each component but it is doable. There is an approximate timespan for each "meal" or supplement but you can work it into your own schedule. I managed to package up whatever I needed for the day and took it with me. You do need to purchase some supplements but everything else can be bought locally. The green drinks were very hard for me personally because I would much rather eat my spinach and kale as opposed to having it in a drink. I disagree with some reviews who stated that you fast the first 3 days. You start out from day One with various meals. I was never hungry with this plan; there was always plenty to eat. I never had any negative reactions during the first few days, which surprised me because I had read about the headaches, nausea, etc that I might experience. It all went smoothly and I definitely benefited from doing this. This plan helped me see that I wasn't getting enough protein in my diet. I am also not experiencing the painful joints that I was having. I did lose a few pounds and the biggest plus for me was getting rid of my sugar cravings.

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

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