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The Microbiome Diet The Scientifically

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.

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Microbiome Diet: Amazon.co.uk: Kellman, Raphael ...

The following foods can be enjoyed throughout all phases of the Microbiome Diet: Wild salmon and grass-fed meat. Fermented vegetables, such as sauerkraut and kimchi. Non-starchy vegetables, such as asparagus, carrots, garlic, artichokes, leeks, onions, and radishes. Non-starchy fruits, such as ...

The Microbiome Diet Review: Food Lists, Benefits, and Meal ...

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) Reinoculate 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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