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The companion cookbook to the No.1 bestselling Clever Guts Diet Your gut is key to your physical and mental wellbeing - home to your microbiome, an army of microbes that influences your weight, mood and immune system. In this companion book to Dr Michael Mosley's bestselling Clever Guts Diet, Dr Clare Bailey, GP and wife of Dr Mosley, offers the definitive toolkit for bringing your gut back to

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Whether you are an IBS sufferer, have a food intolerance, or are simply looking to undo the damage done by processed foods and antibiotics, The Clever Guts Diet Recipe Book is packed with nutritional information, meal planners and all the advice you need to mend your gut and boost your health and wellbeing.

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Michael Mosley on Twitter @DrMichaelMosley and Anna
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What to eat on the ‘ clever guts diet ’

Bringing together the latest research into the Mediterranean-style diet, intermittent fasting and high intensity exercise, Dr Michael Mosley has integrated many of the Clever Guts concepts into his comprehensive lifestyle plan, The Fast 800.

Revolutionise your body from the inside out - Clever Guts

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Clever Guts Diet Recipe Book : Dr Clare Bailey : 9781780723389

The Clever Guts Diet Recipe Book is packed with nutritional information, meal planners and all the advice you need to mend your gut and boost your health and wellbeing. ISBN: 9781925640779

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Language: English Number Of Pages: 224 Published: 1st December 2017

The Clever Guts Diet Recipe Book, Australian and New ...

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Minimise or avoid starchy carbs — meaning the white stuff: bread, pasta, potatoes and white rice. Switch instead to whole grains including bulgur (cracked wheat), whole rye, wholegrain barley, wild rice and buckwheat. Brown rice is OK. Legumes such as lentils, kidney beans and chickpeas are healthy and filling, too.

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It ' s not a big book — only the first 185 pages detailing the research and its findings plus another 103 pages on the repair and reboot, and the recipes. Details. The Clever Guts Diet : How to Revolutionise Your Body from the Inside Out by (author) Michael Mosley , with Tanya Borowski Paperback | 288 pages Published by Short Books in 2017 in the UK

Book Review: The Clever Guts Diet by Dr Michael Mosley ...

The Clever Guts Diet by Dr Michael Mosley is published by Short Books on May 18 at £ 8.99. To order a copy for £ 6.29 (valid until May 27, 2017), visit mailbookshop.co.uk or call 0844 571 0640. P&P...

Dr Michael Mosley unveils life-changing new gut diet ...

In 2017 Michael Mosley released 'The Clever Guts Diet' book about

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gut health. In this book, Michael Mosley describes the gut system and the inter-related part of the enteric nervous system, and the make up of the biome of the intestines. The explanation given is that certain foods ha

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If you 're giving Dr Michael Mosley's Clever Guts Diet a go, this delicious breakfast recipe is one to bookmark for phase one. Taken from the Clever Guts Diet Recipe Book, written by GP (and Mosley 's wife) Dr Clare Bailey and nutritionist Joy Skipper, it 's perfectly balanced, easy to make and great for boosting your gut health.

Clever Guts Diet Recipe: Blueberry Chia Pots

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The companion cookbook to the international No. 1 bestselling **Clever Guts Diet** Australian and New Zealand edition 150 delicious recipes to help you nourish your body from the inside out Your gut is key to your physical and mental wellbeing – home to your microbiome, an army of microbes that influences your weight, mood and immune system.

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