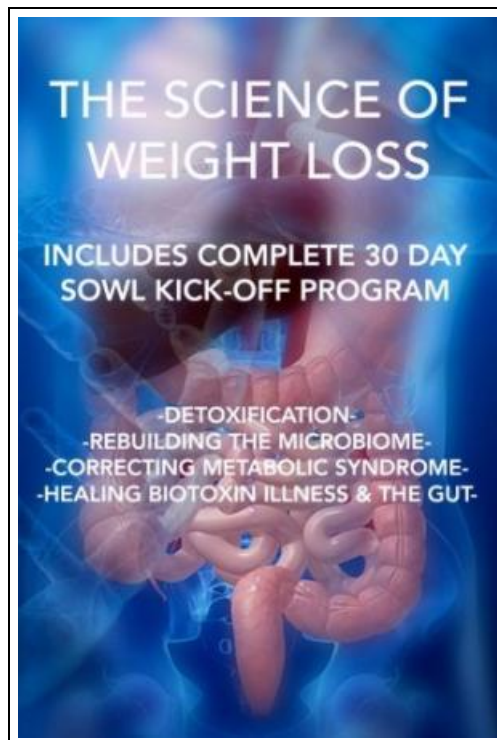


The Science of Weight Loss: Detoxification - Rebuilding the Microbiome - Correcting Metabolic Syndrome - Healing Biotoxin Illness the Gut



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Reviews



*This written book is fantastic. This can be for those who statte that there had not been a well worth reading. Your life period will probably be transform when you comprehensive reading this article ebook.
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THE SCIENCE OF WEIGHT LOSS: DETOXIFICATION - REBUILDING THE MICROBIOME - CORRECTING METABOLIC SYNDROME - HEALING BIOTOXIN ILLNESS THE GUT



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Science of Weight Loss (SOWL) covers the modern day causes of gaining excess weight and not being able to lose it regardless of diet and exercise. In todays world there are numerous toxic exposures in our food system and environment along with denatured processed foods that do more harm that good that are damaging the Gut. Many of the toxins people are exposed to are endocrine disruptors that now have a name: obesogens. Obesogens are hormone-like chemicals that literally instruct the body to gain weight. The premise of SOWL is to address weight issues, not as a pound for pound issue, but a medical issue and to heal the damage that food chemicals, incorrect diet and environmental toxic exposures have done to the upper and lower (bowel) intestines. It also teaches the reader how to remove the harmful bacteria in their gut and replace it with a diverse rainforest of beneficial bacteria that serves the immune system, energy, weight loss, excellent digestion and production of vitamins that serve all those processes. Inflammation from Biotoxin Illness and the dangers of denatured, processed and chemically adulterated food, is explained extensively in SOWL. Endotoxins are produced in a toxic colon that go into the blood and trigger the inflammation response causing leptin and insulin resistance. LPS is connected to false hunger but also many diseases beyond all of those of the gut such as IBS, Crohn s, diverticulitis, SIBO, Gut Dysbiosis and Toxic Gut Syndrome associated with many mental health issues via the Gut / Brain axis. The four key healing strategies for the causes of the epidemic obesity and overweight issues people around the world people are suffering are...

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