



Heal Your Gut: Supercharged Food

By Lee Holmes

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An unhappy gut will affect your immune system, disrupt your hormones and have an impact on your weight, mood and energy levels, making you feel tired and run-down. In this beautifully designed and photographed book, Lee Holmes' *Heal Your Gut* provides a step-by-step program specifically designed to create a healthier and happier you by restoring the long-term well being of your gut. With gut health scientifically acknowledged as 'the gateway to healing other issues' (Vincent Pedre, M.D.), Lee Holmes provides an easy-to-follow detox regime and treatment program for anyone suffering from a health issue aggravated by diet or a poorly functioning digestive system. With a plethora of practical advice, from the vital importance of your gut and the four phases of gut healing, to meal plans and shopping lists, Lee Holmes has every area covered to make you feel more vibrant, alive, and energetic. This book isn't just another fad diet: it contains 90 anti-inflammatory recipes that have been specifically created to heal and also deliver vital nutrients, vitamins and minerals to get your body systems functioning optimally. Healing recipes are represented by: coffees, teas, toddies and tisanes; smoothies, juices and milks; bone broths and stock; healing and sealing soups; easy-to-digest bowls; fermented foods for when your gut is strong; and even some delicious desserts. So whether you're making Lee's Avocado and Almond Soup, drinking her Nutmeg, Saffron and Cashew Nightcap, or indulging in a delicious Baked Blueberry Custard, you can be at ease with the fact that you're nourishing yourself like a nutritionist and transforming your life for the better.

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Heal Your Gut: Supercharged Food By Lee Holmes Bibliography

- Sales Rank: #1181484 in Books
- Brand: imusti
- Published on: 2016-01-07
- Original language: English
- Dimensions: 9.13" h x 1.18" w x 6.81" l, 1.06 pounds
- Binding: Paperback
- 280 pages

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Editorial Review

About the Author

Lee Holmes is a Certified Health Coach (IIN), yoga teacher, wholefoods chef and author of the best-selling *Supercharged Food: Eat Your Way To Good Health*, *Supercharged Food: Eat Yourself Beautiful* and *Supercharged Food: Eat Clean, Green and Vegetarian*. Lee regularly writes for The Huffington Post, as well as for Lifestyle Food (Yahoo) and Wellbeing Magazine, and has been featured in The Times, The Express, The Sun, Grazia & Glamour. Lee's blog won the Healthy Eating Category at the Bupa Health Influencer Awards in 2013.

Users Review

From reader reviews:

Greg Wilson:

Information is provisions for people to get better life, information presently can get by anyone in everywhere. The information can be a know-how or any news even an issue. What people must be consider while those information which is inside former life are hard to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you obtain the unstable resource then you understand it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take *Heal Your Gut: Supercharged Food* as your daily resource information.

Essie Ryan:

The reason? Because this *Heal Your Gut: Supercharged Food* is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will zap you with the secret this inside. Reading this book beside it was fantastic author who also write the book in such amazing way makes the content on the inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the reserve store hurriedly.

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