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# **The Microbiome Diet Scientifically Proven Way To Restore Your Gut Health And Achieve Permanent Weight Loss Raphael Kellman**

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## **Microbiome Diet - A Nutritionist's Review**

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 fifty delicious chef-created recipes, The Microbiome Diet is the key to safe, sustainable weight loss and a lifetime of good health.

## **The Microbiome Diet Scientifically Proven**

The microbiome Diet, though very science sounding, is actually a diet uniquely suited for those who have tried various diets in the past and never found results.

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The Microbiome Diet : The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss by Raphael Kellman (2015, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

### **Bing: The Microbiome Diet Scientifically Proven**

The Microbiome Diet: The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss Our guts are much more important to our overall health than most of us believe and understand. At least that is what The Microbiome Diet by Dr. Raphael Kellman tells us.

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The Microbiome Diet: The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss. by Raphael Kellman. 3.70 avg. rating · 281 Ratings. Cutting-edge science has shown that the microbiome is the secret to healthy weight loss and to feeling healthy, energized, optimistic, and at the top of your game. The microbiome ...

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The Microbiome Diet excludes starchy fruits and vegetables, dried fruit, fruit juice, grains containing gluten, eggs, some dairy, and some types of fish and meats. It also discourages eating added...

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## **The Microbiome Diet: The Scientifically Proven Way to ...**

The three-phase program was developed by Dr. Raphael Kellman, M.D., and author of “ The Microbiome Diet: The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss”. The book, published in 2014, details the guidelines for the diet and has several recipes to heal your gut.

### **Microbiome Diet For Gut Health & Weight Loss | Organic Facts**

Cutting-edge science has shown that the microbiome is the secret to healthy weight loss and to feeling healthy, energized, optimistic, and at the top of your game. The microbiome is a whole inner world that lives within your intestines—trillions of tiny microbes that help you extract the nutrients from your food, balance your mood, and sharpen your clarity and focus.

## **The Microbiome Diet: The Scientifically Proven Way to ...**

Microbiome Foods to Eat Wild salmon, grass-fed meat, free-range eggs, goat’s yogurt, sheep’s yogurt, fermented vegetables (sauerkraut and kimchee), asparagus, carrots, garlic, Jerusalem artichoke, jicama, leeks, onions, radishes, tomatoes, avocado, apples, cherries, coconut, almonds, cinnamon, turmeric, lakanto sweetener.

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