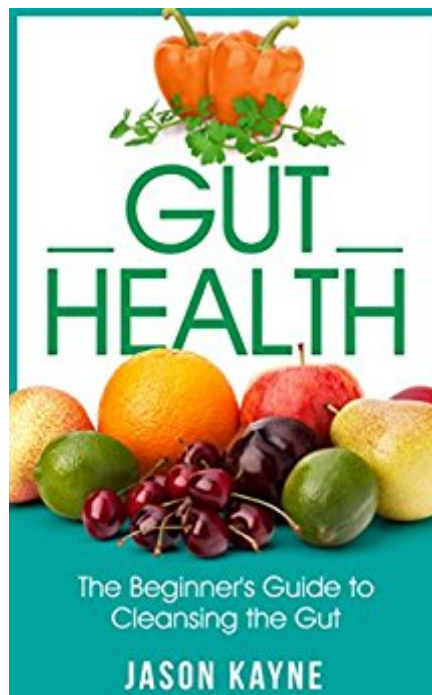




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I like how this book delves on the issue of gut health. As long as we eat what we like and gives us the gastronomical pleasure, that's it. We don't usually give a thought if what we eat is good for the gut or not. Glad that I have learned a lot from this book and will put this in mind that a healthy body starts with a healthy gut. Good read!

Very impressive book! This is a beautifully written piece of work that has changed my life. I've battled weight problems my entire adult life, doing everything short of the bypass procedures to cure myself. A friend pointed me towards this book and I found it to be an epiphany. Since setting out on the journey he outlines in this book, I've lost weight, gained control over my compulsive eating, and seen a steady improvement of my health on fronts ranging from indigestion to depression. It's been a long time since I read anything so coherent and powerful. So much worth recommending!

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