



The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!

By Gerard E. Mullin

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Losing weight for good is truly possible!

Recent cutting-edge research shows that human intestinal microbiota influences metabolism, appetite, energy, hormones, inflammation, and insulin resistance. Because gut microflora plays a central role in weight management, losing weight is much more than cutting calories, fat, or carbs.

When the trillions of live bacteria in our digestive tract--the gut microbiome--are balanced, excess pounds melt away and we feel revitalized.

A leading authority on digestive health and the gut microbiome, Dr. Gerard E. Mullin shares the first proven, science-based program to restore and retain weight loss by achieving a balanced gut flora in *The Gut Balance Revolution*. He reveals how to stifle the fat-forming, disease-promoting gut bacteria, reseed your gut with good fat-burning ones, and fertilize those friendly flora with just the right foods to reboot, rebalance, and renew your health--and lose weight for good. It's all grounded in hard science and his over 20 years of clinical experience with patients in his medical practice. Dr. Gerry Mullin's trailblazing program provides:

- **Research** The latest, up-to-date frontline science behind how balancing your gut flora can burn fat and restore health
- **Reboot, Rebalance, Renew** Step-by-step meals plans, food charts, plus 50 delicious, easy recipes
- **Rev Up** An exercise routine for each phase of the process
- **Real Life** Bona fide success stories of people who seamlessly lost up to 40 pounds--and kept it off!

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Editorial Review

Review

“Mullin's promise of quick, sustainable weight loss through practices that also combat chronic health problems and discourage disease will have many readers lining up to devour this sensible guide.”

?Publisher's Weekly

“Dr. Mullin has provided the reader with invaluable practical insight into the gut microbiome and its effect on obesity and our overall health. This is a 'must-read' for the public and health professionals.” *?Richard H. Carmona, MD, MPH, FACS, 17th Surgeon General of the United States*

“The Gut Balance Revolution truly is a revolution in thinking about how to get healthy. More important, it is a powerful, groundbreaking plan for you to reset your health for life.” *?Mark Hyman, MD, director, Cleveland Clinic Center for Functional Medicine, author of the #1 New York Times bestseller The Blood Sugar Solution 10-Day Detox Diet*

“*The Gut Balance Revolution* embraces the revolutionary new paradigm that connects our health to the health of the hundred trillion bacteria that live within each of us. Dr. Mullin deftly leverages this leading-edge science to create a practical, user-friendly program to restore health and enhance disease resistance.” *?David Perlmutter, MD, author of the #1 New York Times bestseller Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar- Your Brain's Silent Killers and Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain-for life*

“*The Gut Balance Revolution*, is a game changer- an invaluable guide to healthy living and eating. Dr. Mullin cites cutting-edge science on the role of the gut microbiome in health, obesity, and disease and offers an effective three-step dietary plan that takes a holistic approach to heal the gut, improve well-being, maximize metabolism, and shed unwanted weight.” *?Frank Lipman MD, author of the national bestseller The New Health Rules: Simple Changes to Achieve Whole-Body Wellness*

“Optimal gut health becomes the foundation for fat loss, abundant energy, and vibrant health. In *The Gut Balance Revolution*, Dr. Gerard Mullin provides an effective, easy-to-apply protocol to fix your gut, boost your metabolism, and become lean, energetic, and healthy. A don't-miss book!” *?JJ Virgin, CNS, CHFS, author the New York Times bestsellers JJ Virgin's Sugar Impact Diet and The Virgin Diet*

“A compelling body of evidence indicates that the trillions of bacteria our bodies play host to have profound influences on our health and daily lives. In *The Gut Balance Revolution*, Dr. Mullin examines the gut microbiome's critical role and offers actionable advice on restoring and maintaining our intestinal flora to promote well-being.” *?Andrew Weil, MD, author of Eating Well for Optional Health*

“How delightful to realize that most bacteria are NOT the enemy. They are essential allies in creating vibrant health. *The Gut Balance Revolution* will get you started!” *?Christiane Northrup, MD, obstetrics/gynecology physician and author of the New York Times bestsellers Women's Bodies, Women's Wisdom and The Wisdom of Menopause*

“The Gut Revolution program is an evidence-based approach that is practical *and* effective. New science supports the important role of the gut microbiome in weight control, and no one knows more about healing

your gut to trim your waist than Dr. Gerard Mullin, a leading authority in this field.” ?*Melina B. Jampolis, MD, President, National Board of Physician Nutrition Specialists and CNN Diet & Fitness Expert*

“I intend to use the principles and great tips provided in Dr. Mullin's *The Gut Balance Revolution* to enhance the weight loss achieved by patients at the Johns Hopkins Weight Management Center. I highly recommend the book to anyone concerned about their health and their weight.” ?*Dr. Lawrence J. Cheskin, Director, Johns Hopkins Weight Management Center, author of Losing Weight for Good: Developing Your Personal Plan of Action, coeditor of Integrative Weight Management*

“*The Gut Balance Revolution* is a unique book. Dr. Mullin combines his in-depth knowledge of nutrition, clinical expertise of gut health and cutting-edge concepts about the gut microbiome to facilitate sustainable weight loss and transform the health of his patients. I highly recommend.” ?*Martin H. Floch MD, Professor of Medicine, Yale University School of Medicine, Editor, Journal of Clinical Gastroenterology, Coeditor of Probiotics: A Clinical Guide*

“Dr. Gerry Mullin's approach to diet and weight loss is light years ahead of most other approaches, and makes them look like five-fingered arithmetic. This book represents the cutting edge of nutritional science. Highly recommended!” ?*Larry Dossey, MD Author: One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

“*The Gut Balance Revolution* is a wellness masterpiece.” ?*Vani Hari, Author of the #1 bestseller The Food Babe Way*

“Dr. Mullin's latest book provides a thorough and fascinating look at the critical role the gut microbiome plays in weight control and optimal health. *The Gut Balance Revolution* teaches readers which foods to eat, which to avoid - and why - in order to boost metabolism, establish a healthy gut, and as a result, achieve and maintain a healthy weight. I appreciate that Dr. Mullin's approach, based on his years of experience as a leading gastroenterologist, involves promoting real, whole, high quality foods, as well as a focus on overall wellness, including the importance of meditation, sleep, physical activity, and social support.” ?*Cynthia Sass, MPH, MA, RD, CSSD, New York Times bestselling author, Health magazine contributing nutrition editor, and nutrition consult to the New York Yankees and New York Rangers*

About the Author

Gerard E. Mullin, MD, is an associate professor in the department of medicine, as well as director of Integrative Gastroenterology Nutrition Services at The Johns Hopkins Hospital. Nationally and internationally renowned for his work in integrative gastroenterology and nutrition, Dr. Mullin has accumulated more than 20 years of clinical experience in the field of integrative digestive health and earned his master's degree in nutrition while in practice. He is an honorary member of the Academy of Nutrition and Dietetics and a recipient of the Grace A. Goldsmith award for lifetime achievement in nutrition. Dr. Mullin has authored hundreds of publications and several books.

Users Review

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Robert Tyson:

Do you have favorite book? In case you have, what is your favorite's book? Publication is very important thing for us to know everything in the world. Each guide has different aim or even goal; it means that e-book has different type. Some people truly feel enjoy to spend their time for you to read a book. They are really

reading whatever they acquire because their hobby is usually reading a book. Consider the person who don't like reading a book? Sometime, man or woman feel need book if they found difficult problem as well as exercise. Well, probably you will want this The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!.

Ernestine Miller:

The book The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! give you a sense of feeling enjoy for your spare time. You should use to make your capable much more increase. Book can being your best friend when you getting strain or having big problem with the subject. If you can make studying a book The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! to get your habit, you can get a lot more advantages, like add your current capable, increase your knowledge about several or all subjects. You are able to know everything if you like open up and read a guide The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!. Kinds of book are several. It means that, science e-book or encyclopedia or other folks. So , how do you think about this reserve?

Levi Ryan:

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Marylou Standley:

Is it anyone who having spare time in that case spend it whole day by simply watching television programs or just lying on the bed? Do you need something new? This The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! can be the answer, oh how comes? It's a book you know. You are consequently out of date, spending your spare time by reading in this new era is common not a nerd activity. So what these publications have than the others?

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