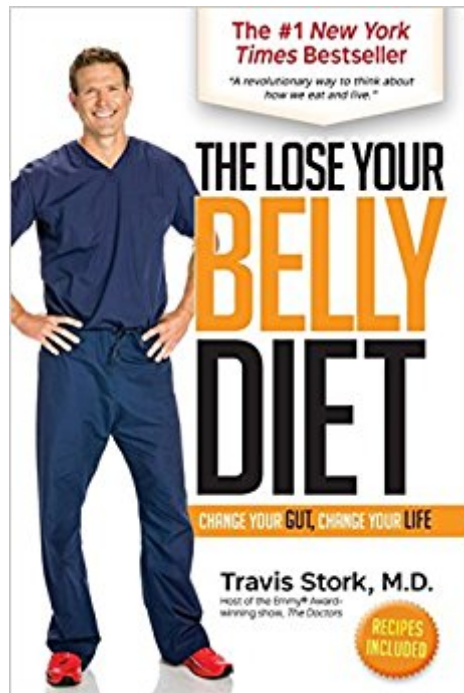




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# The Lose Your Belly Diet: Change Your Gut, Change Your Life



## Synopsis

We want to be healthy. We want to be lean. And we want to lose that annoying fat around our bellies! We can achieve ALL of these goals with The Lose Your Belly Diet. Based on exciting new research about the dramatic benefits of vibrant gut health and a diverse gut microbiome, this plan nurtures your gut while helping you burn off excess weight and harmful belly fat. This plan is built around a very clear, research-based concept: Eating food that nourishes and protects the microbes in your gut paves the way for weight loss, a slimmer middle, and better overall health. It's not just about weight loss. Having great gut health is linked to good health throughout your body. Scientists in this rapidly growing field are finding connections between gut microbes and the immune system, weight loss, gastrointestinal health, allergies, asthma, and even cancer. With every study that's published, scientists become more convinced that having a healthy gut leads to having a healthy body. We're accustomed to thinking of bacteria as bad—and some are—but most of the bacteria and microbes in our guts do amazing things, like working with our immune system to fight disease and helping our bodies digest food. Not only can we live without them, but as their numbers and diversity increase, so too does our health. In this book, we look at all of the ways you can improve your own gut health, starting with the food you eat. My diet recommendations, meal plans, and recipes will help feed and protect your gut microbes. And we look at the many other steps you can take to support your beneficial bacteria, from avoiding unnecessary antibiotics to changing the way you think about dirt and germs. Even the choices you make about how you bring your children into the world can have an impact on your family's microbiomes. In The Lose Your Belly Diet, we'll cover all the bases, giving you everything you need to know to make dramatic changes in your GI health, your weight, your belly fat, and your overall health.

## Book Information

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## Customer Reviews

Dr. Travis Stork is an Emmy®-nominated host of the award-winning talk show The Doctors, and a board-certified emergency medicine physician. He graduated Magna Cum Laude from Duke University as a member of Phi Beta Kappa and earned his M.D. with honors from the University of Virginia, being elected into the prestigious honor society of Alpha Omega Alpha for outstanding academic achievement. Based on his experiences as an ER physician, Dr. Stork is passionate about teaching people simple methods to prevent illness before it happens with the goal of maximizing time spent enjoying life while minimizing time spent as a "patient." Dr. Stork is a New York Times #1 bestselling author of "The Doctor's Diet," "The Doctor's Diet Cookbook," "The Lean Belly Prescription," and "The Doctor Is In: A 7-Step Prescription for Optimal Wellness." An avid outdoorsman, Dr. Stork is a devotee of mountain and road biking, whitewater kayaking and hiking with his loyal dog of nearly seventeen years, Nala.

Prior to reading this book, I had no idea the author was an E.R. physician. In that profession, Dr. Stork has seen what happens if you do NOT take care of your body. The poor folks he sees in the ER room "wish more than anything that they could turn back the clock and live a better, healthier life. They would give anything for a second chance. But many of them can't. It is too late for them." THE LOSE YOUR BELLY DIET is primarily focused on changing the food you eat--especially getting more fiber and a diversity of microbes into your diet. That is, it's not an exercise book or a set of short cuts to make you look slimmer. Rather, improving your appearance is actually a side benefit of the better diet. That is, you will naturally have a smaller belly when you incorporate the recommended changes. The essence of the Lose Your Belly Diet is really just 5 things: 1) Enjoy probiotic foods every day. 2) Eat an abundance of Prebiotic Superstars 3) Pick a mix of proteins 4) Choose great grains 5) Embrace friendly fats. Dr. Stork emphasizes what he calls, "Buddies in Your Belly." These are the microbes in your gut. The doctor emphasizes the importance of getting a diverse population of microbes into our system: "Gut microbes play such a crucial role in our health that it's kind of amazing that it's taken so long for us to start giving them the attention they deserve." In an era where we emphasize super-cleanliness and

use of antibacterial lotions, it's important to take action to improve the diversity of our gut bacteria: "The good news is that we can take significant steps to repair our damaged guts." The doctor points out that increasing dietary fiber is a critical (and pretty easy) step. Another big emphasis of THE LOSE YOUR BELLY DIET is getting more fiber into our diet. This is not a new idea of course, but it IS a well-supported idea: "Giant piles of research have shown that people who eat adequate fiber have a lower risk of various chronic health conditions, such as heart disease, obesity, diabetes, some kinds of cancer..." I like the author's willingness to admit when the science is not quite proven in some areas. I appreciate his humility: "Although we have learned so much lately, there are still many things we don't know about gut bacteria and how best to support it. . . When we don't know whether A is better than B or C, I'll level with you and share whatever guidance is available to help you make choices that are best for you." PART II suggests "Foods That Feed Your Gut." I thought one of the more sections was the "Dozen Easy Ways to Eat More Fiber." I learned several good dietary tactics that I had not thought of. Here are the ones that I found most helpful:

- #4: In soups, chili, and pasta sauces, replace some meat with beans or lentils
- #7: Choose fruits and vegetables that are highest in fiber. For example, raspberries contain much more fiber (8 grams per cup) than strawberries (3 grams per cup).
- #8. Add beans, lentils, split peas, or seeds to your salads.
- #10. Swap hummus for mayonnaise as a sandwich spread. Hummus provides you with protein as well as fiber.

As a result of reading this tips, I am changing the food I eat to try to emphasize more fiber and microbe diversity, as the doctor recommends. I confess I had no idea that raspberries had a lot of fiber compared to strawberries. That seems like a really simple change to do. Another good way to enhance your gut microbe diversity is to eat probiotic foods, which are "teeming with helpful microbes, you introduce new guests to the microbe party in your gut." The author reminds the reader that yogurt is the "mother of all probiotic food." Kefir is another good choice, because it has many different strains of bacteria, compared to yogurt. I did not know that. Dr. Stork cites the well-known study showing that kids who grow up in "dirtier" environments are often healthier: "Kids who grow up in homes with dogs have lower rates of asthma, allergies, and eczema than kids without dogs. . . Kids who are raised on farms pick up a wide variety of microbes as they interact with animals." Although the research is not yet conclusive, it seems as though early exposure to microbes improves our immune system. All in all, I found THE LOSE YOUR BELLY DIET to be a helpful, encouraging book. I didn't see any startling new findings, but there are lots of practical tips I had not considered before reading this book. Dr. Stork concludes with an encouraging note: "Make the most of your life by being active and fueling your body in a way that best supports you." Recalling what he sees in the E.R department,

the doctor exhorts the reader to take action NOW. Change your diet, and the benefits will start right away. I thought this quote sums up the book nicely: "Don't be the person in the ER whose last moments are filled with nothing but regret. Commit to living an active, healthy life." Advance Review Copy courtesy of the publisher.

Very happy with the results, I incorporated my own food tastes and mixed them with lots of veggies, fruit, kale, spinach and romaine lettuce, a huge salad everyday, no sugar, no white flour, no bread other than 100% wheat a couple times a week, cut out soda entirely. Greek yogurt every day, berries, only sweeten with honey. Old fashioned rolled oats, etc etc. I didn't use any of the recipes, too complicated, and costly too! I have lost 30 lbs from January 5th to now. I didn't exercise the first 2 months wanted to make sure I was losing from the food. I then started walking 2-5 miles 3 times a week - 15 pounds to go to my goal.

This is an excellent plan and is easy to follow. All the 5 star reviews are correct. I ordered the Kindle version and it downloaded without problem, however, I wish I had ordered the book because I prefer a complete index for referring back and forth. Forget all the other diet books that have failed you. This is the one to get.

This book is exciting. In less than 2 weeks I have lost 8.2 pounds. It was an easy read, had all the information I needed to start. Recommended.

Love this book! I have lost 20lbs in the past two months. Inspired by this book of eating healthy! Feeling better than I have in some time!

An excellent, common-sense, life-changing read. 5 stars for sure! Everyone should make this book a priority for 2017. It will make you hyper-aware of the food that you are placing in your belly!

Just got the book yesterday. Tried one of the recipes for chicken and it was fantastic I'm very impressed with the book

Great overview on the importance of certain foods to help maintain a healthy digestive system. So many things we have forgotten in modern American diet.

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