



The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight, and Get Rid of the Bloat

Kathie Madonna Swift, Joseph Hooper

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“Kathie Swift [is] a leader in the functional nutrition and functional medicine revolution.” —Susan S. Blum, MD, MPH, author of *The Immune System Recovery Plan*

The latest research on the gut microbiome, the bacteria that lives in the gut, confirms what Kathie Madonna Swift has known for years: when we eat in a way that soothes our digestive problems, we address weight issues at the same time. A leading holistic dietitian/nutritionist, Swift noticed that women who want to lose weight generally suffer from a host of annoying digestive issues—and seemingly unrelated ailments such as joint pain and troublesome skin. Changing their gut bacteria by changing their diet, Swift has helped thousands of women lose weight without going hungry. In *The Swift Diet*, she shares the meal plans, recipes, and lifestyle changes that will help readers shed those stubborn pounds—and improve their overall health.

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Jeffrey Blough:

Reading can called mind hangout, why? Because if you are reading a book particularly book entitled The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight, and Get Rid of the Bloat your mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can be your mind friends. Imaging just about every word written in a e-book then become one type conclusion and explanation in which maybe you never get prior to. The The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight, and Get Rid of the Bloat giving you one more experience more than blown away your mind but also giving you useful data for your better life with this era. So now let us teach you the relaxing pattern is your body and mind will be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Diane McCarthy:

The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight, and Get Rid of the Bloat can be one of your beginner books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight, and Get Rid of the Bloat although doesn't forget the main stage, giving the reader the hottest and also based confirm resource information that maybe you can be among it. This great information may drawn you into completely new stage of crucial thinking.

Ada Peterson:

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