



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

By Kathie Madonna Swift, Joseph Hooper

Plume Books, United States, 2015. Paperback. Book Condition: New. Reprint. 203 x 136 mm. Language: English . Brand New Book. 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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It is fantastic and great. It is written in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book I have got read through during my individual life and might be the finest publication for ever.

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