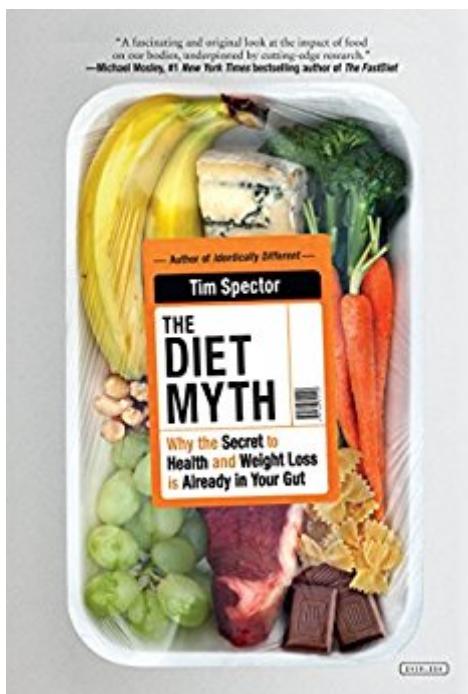


The book was found

The Diet Myth: Why The Secret To Health And Weight Loss Is Already In Your Gut



Synopsis

A revealing new book that shows the key to health and weight loss isn't which foods we eat; it's the microbes already inside us. What should we eat? It's a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn't so much what we put into our stomachs, but rather the essential digestive microbes already in them. Drawing on the latest science and his team's own pioneering research, *The Diet Myth* explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own personal microbes tick and interact can we overcome the confusion of modern nutrition, allowing us to regain natural balance in our bodies. Countless recent scientific papers have been written on weight-loss topics like prebiotics and fructans, and *The Diet Myth* gathers these latest findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy stomach, and a nourished body.

Book Information

File Size: 1569 KB

Print Length: 336 pages

Publisher: The Overlook Press; 1 edition (September 8, 2015)

Publication Date: November 5, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B017E06EVM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #207,194 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #59 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #1767 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets

Customer Reviews

I wanted to like this book. The author and I share a lot of the same opinions. But this book is unreadable, inconsistent, and just odd. It needs a good editor, at a minimum. There are lots of examples. One that I'm interested in is fiber. I cured myself of lots of stuff by following a high fiber diet. There is a chapter devoted to that. Cool. The chapter starts with an anecdote about a colleague of his presenting a lecture showing pictures of "impressively large African" stools of about 2 lbs, compared to the European average of 4 ounces. Said Africans were apparently very healthy. I'm hooked - I'm familiar with this from my high fiber diet. But there's no follow-up. No analysis. Just a standard discussion of prebiotic fiber. Even worse, the tenor of the book is that many scientific studies are poor quality or are wrongly interpreted. Nothing new if you follow the news. Moreover, anecdotal evidence and advice from nutritionists are not to be trusted because they are not scientific. We can only trust scientific evidence (the same science that we could not previously trust?). Unfortunately, science has not adequately addressed whatever issue the author is discussing, so the author presents his advice as a conjecture. In a sense, the author is acting as an over-educated nutritionist, not as a scientist. Does this matter? In the case of fiber, the author argues that "it has been crudely estimated that a healthy person needs about 6 grams of prebiotics per day..." No reference. I've done a LOT of study of this issue, and I've never seen this number or anything close. I'm not giving a low ranking because he apparently believes this. There's just no documentation. There's no suggestion of how this has been crudely estimated.

[Download to continue reading...](#)

Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Diet Myth: Why the Secret to Health and Weight Loss is Already in Your Gut Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Atkins Diet: 50 Low Carb

Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO 'HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook)

[Dmca](#)