

## The Swift Diet: Heal the Gut and Lose Weight Fast - Get a Flat Tummy in 28 Days!



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### ***Reviews***

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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Swift Diet: Heal the Gut and Lose Weight Fast - Get a Flat Tummy in 28 Days!, Kathie Madonna Swift, The health world is abuzz with the very latest research into the role your gut plays in overall health. In this book, the first of its kind, you'll discover how to easily adapt your diet to unlock the healing power of food, optimise gut health and see lasting results. The Swift Diet has been designed to: aid permanent weight loss; banish bloating; regulate digestion; clear your skin; improve concentration; increase energy; and, eliminate stomach pain. You'll find simple-to-follow guidelines, a 4-Week Clean Slate Plan, advice on supplements and a guide to complementary lifestyle changes, including how to think more mindfully about food. By eating to improve your gut bacteria, you'll start noticing a difference in the way you look and feel from day one.



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