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## The Science of Weight Loss: Detoxification - Rebuilding the Microbiome - Correcting Metabolic Syndrome - Healing Biotoxin Illness the Gut

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By Genita M Mason

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Science of Weight Loss (SOWL) covers the modern day causes of gaining excess weight and not being able to lose it regardless of diet and exercise. In todays world there are numerous toxic exposures in our food system and environment along with denatured processed foods that do more harm that good that are damaging the Gut. Many of the toxins people are exposed to are endocrine disruptors that now have a name: obesogens. Obesogens are hormone-like chemicals that literally instruct the body to gain weight. The premise of SOWL is to address weight issues, not as a pound for pound issue, but a medical issue and to heal the damage that food chemicals, incorrect diet and environmental toxic exposures have done to the upper and lower (bowel) intestines. It also teaches the reader how to remove the harmful bacteria in their gut and replace it with a diverse rainforest of beneficial bacteria that serves the immune system, energy, weight loss, excellent digestion and production of vitamins that serve all those processes. Inflammation from Biotoxin Illness and the...



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