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The Clever Guts Diet Recipe Book by Dr Clare Bailey is now out! Companion to Michael Mosley's no 1 best seller the Clever Gut Diet. Keep in touch. Bringing together the latest research into the Mediterranean-style diet, intermittent fasting and high intensity exercise, Dr Michael Mosley has integrated many of the Clever Guts concepts into his ...

Book Review: The Clever Guts Diet by Dr Michael Mosley ...

Whether you are an IBS sufferer, have a food intolerance, or are simply looking to undo the damage done by processed foods and antibiotics, The Clever Guts Diet Recipe Book is packed with nutritional information, meal planners and all the advice you need to mend your gut and boost your health and wellbeing.

The Clever Guts Diet by Dr Michael Mosley is published by Short Books on May 18 at £8.99. To order a copy for £6.29 (valid until May 27, 2017), visit mailbook shop.-co.uk or call 0844 571 0640. P&P...

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The Clever Guts Diet Recipe Book is packed with nutritional information, meal planners and all the advice you need to mend your gut and boost your health and wellbeing. ISBN: 9781925640779 ISBN-10: 1925640779 Audience: General Format: Paperback Language: English Number Of

Pages: 224 Published: 1st December 2017

Clever Guts Diet Recipe Book 150 Delicious Recipes to ...

For more information about the clever guts diet, plus what to eat (and cut back on), buy The Clever Guts Diet book here, £4. Follow Dr Michael Mosley on Twitter @DrMichaelMosley and Anna @AnnaMaryHunter

If you're giving Dr Michael Mosley's Clever Guts Diet a go, this delicious breakfast recipe is one to bookmark for phase one. Taken from the Clever Guts Diet Recipe Book, written by GP (and Mosley's wife) Dr Clare Bailey and nutritionist Joy Skipper, it's perfectly balanced, easy to make and great for boosting your gut health.

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It's not a big book - only the first 185 pages detailing the research and its findings plus another 103 pages on the repair and reboot, and the recipes. Details. The Clever Guts Diet : How to Revolutionise Your Body from the Inside Out by (author) Michael Mosley , with Tanya Borowski Paperback | 288 pages Published by Short Books in 2017 in the UK

Your gut is key to your physical and mental wellbeing - home to your microbiome, an army of microbes that influences your weight, mood and immune system. In this companion book to Dr Michael Mosley's bestselling Clever Guts Diet, Dr Clare Bailey, GP and wife of Dr Mosley, offers the definitive toolkit for bringing your gut back

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