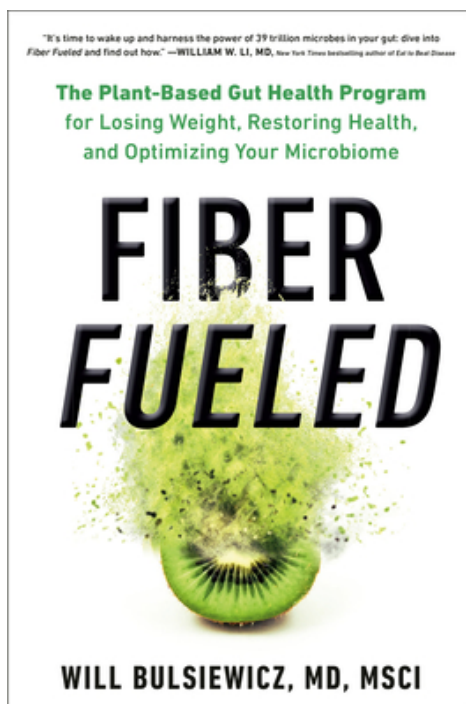


# Obtenir des livres Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome

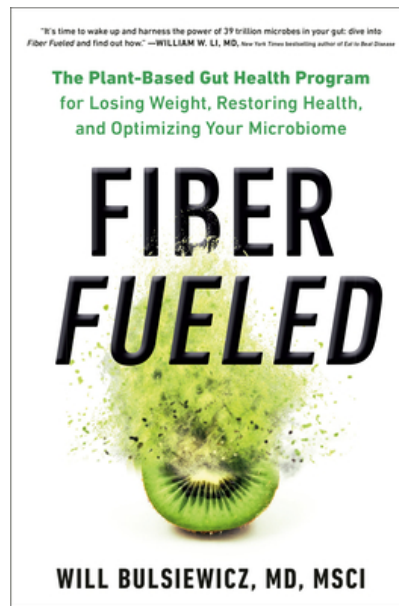
By Will Bulsiewicz



The instant New York Times, USA Today, and Publisher's Weekly bestseller *A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist.* The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our

guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber

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