

The Skinny Gut Diet: Balance Your Digestive System For Permanent Weight Loss By Brenda Watson C.N.C.;Leonard Smith M.D.;Jamey Jones B.Sc.

By Brenda Watson C.N.C.;Leonard Smith M.D.;Jamey Jones B.Sc.

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THE GUT-BRAIN CONNECTION. Chapter 7 THE SKINNY ON FOOD. Chapter 8 TEASPOON TRACKER. RULE 2: Eat living foods every day to balance your gut. In the Skinny Gut Diet

<http://www.skinnygutdiet.com/>

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My friend and long-time bowel health advocate, Brenda Watson, sent me a copy of her new book, The Skinny Gut Diet: Balance Your Digestive System For Permanent Weight Loss

<http://www.wheatbellyblog.com/2014/09/brenda-watsons-new-skinny-gut-diet/>

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