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Jeannette's supremely well-informed, practical, pro-active style, plus her capacity to listen and advise the

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individual, are unusually authentic and impressive. I also love her insistence on enjoying the process as one transforms poor health through gut focus. Meeting Jeannette has been a duck-to-water experience, starting with the abandonment of

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The Gut Makeover is rooted in cutting-edge nutritional science, with a 28-day plan that will help you boost your digestive health and lose weight (Dr Mark Hyman MD, author of Eat Fat get Thin) I've been recommending Jeannette Hyde's The Gut Makeover book in clinic to my patients all week. It's highly-digestible (excuse the pun) and an easy

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introduction into a new area of eating which is here to stay and could have massive benefits for people suffering disease (Dr Rupy Aujla, GP)

The Gut Makeover: 4 Weeks to Nourish Your Gut ...

The Gut Makeover is the only book you'll need for a whole health overhaul - to control your weight, improve your skin, lift your

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spirits and strengthen your immune system for good. This is more than another fad diet. This is a lifestyle you'll want to adopt for life. ...more.

The Gut Makeover: 4 Weeks to Nourish Your Gut ...

She is author of The Gut Makeover, and The Gut Makeover Recipe Book, which were published in 2016 and have reached

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thousands of people in the UK with transformational health for many. She practises nutritional therapy one-to-one, in groups, and on her popular retreats.

The Gut Makeover : Jeannette Hyde : 9781784297749

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Principles of The Gut Makeover style of eating: Mediterranean cooking based on an abundance of plants (30-60 varieties over the retreat), quality proteins and olive oil. Vegetarians and pescatarians can be catered for. Some fermented foods for the probiotic bacteria in them

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She is author of The Gut Makeover, and The Gut Makeover Recipe Book, which were published in 2016 and have reached thousands of people in the UK with transformational health for many. She practises nutritional therapy one-to-one, in groups, and on her popular

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