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simple guide to show you how to finally achieve your ideal weight The 100 trillion bacteria that live in your digestive tract which make up 90 percent of the cells in your body are the real reason you gain or lose weight When those microbes are out of balance chronic health conditions can occur including irritable bowel syndrome fatigue and obesity By balancing the good and bad bacteria you can finally achieve your ideal weight for good In *The Skinny Gut Diet* New York Times bestselling author public television icon certified nutritional consultant and digestive health expert Brenda Watson offers an insightful perspective on the little known connection between weight gain and an underlying imbalance of bacteria in the gut or what she calls the gut factor the overlooked root cause of weight gain Drawing upon the latest scientific research Brenda illuminates the inner workings of the digestive system and provides instructions for achieving a healthy bacterial ecosystem that spurs weight loss by enabling the body to absorb fewer calories from food experience reduced cravings and store less fat The premise is simple curtail sugar consumption and its surprising sources and eat more healthy fats living foods and protein to balance the gut bacteria The result A skinny gut *The Skinny Gut Diet* centers around an easy to follow diet plan A 14 day eating plan dozens of delicious recipes and sage advice help you achieve and maintain digestive balance and sustained weight loss With inspiring real life stories of ten individuals who transformed their health on the *Skinny Gut Diet* Brenda empowers you to become your own health advocate so that you can finally shed unwanted pounds and enjoy optimal health and vitality

Stabbing in the Senate Colleen J. Shogan, 2015-11-15 Life is good for Kit Marshall She s a staffer in D C for a popular senator and she lives with an adoring beagle and a brainy boyfriend with a trust fund Then one morning Kit arrives at the office early and finds her boss Senator Langsford impaled by a stainless steel replica of an Army attack helicopter Panicked she pulls the weapon out of his chest and instantly becomes the prime suspect in his murder Circumstances back Kit s claim of innocence but her photograph has gone viral and the heat won t be off until the killer is found Well loved though the senator was suspects abound Langsford had begun to vote with his conscience which meant he was often at odds with his party Not only had the senator decided to quash the ambitions of a major military contractor but his likely successor is a congressman he trounced in the last election Then there s the suspiciously dry eyed Widow Langsford Kit s tabloid infamy horrifies her boyfriend s upper crust family and it could destroy her career However she and her free spirited friend Meg have a more pressing reason to play sleuth The police are clueless in more ways than one and Kit worries that the next task on the killer s agenda will be to end her life

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