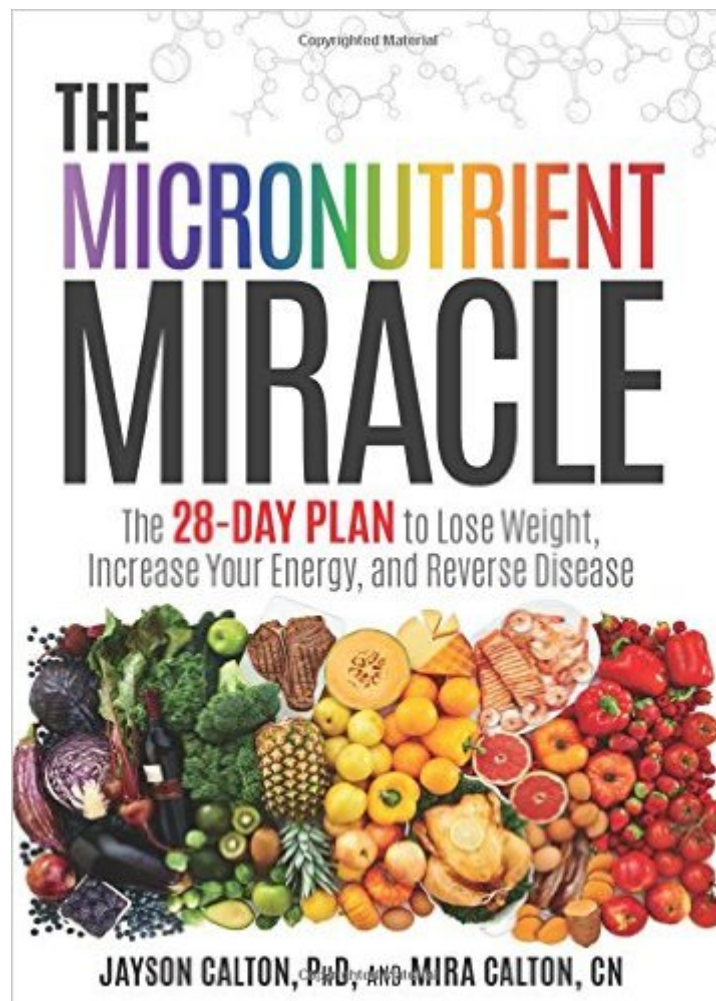


The book was found

The Micronutrient Miracle: The 28-Day Plan To Lose Weight, Increase Your Energy, And Reverse Disease



Synopsis

Our poor health and growing waistlines can be traced back to the hidden crisis of a micronutrient deficiency. More than 90 percent of all Americans are deficient in at least one of these health-promoting vitamins and minerals and don't even know it. According to nutritionists Jayson and Mira Calton, micronutrients--vitamins and minerals essential for optimum health--are being stripped from our diet and depleted by our lifestyle habits. And these deficiencies cause today's most common illnesses. Mira herself developed advanced osteoporosis at the age of 30. But with Jayson's help, she reversed her disease through micronutrient therapy. The Caltons' created The Micronutrient Miracle, an incredible cure-all program, to help you lose weight and prevent and reverse common disorders, including obesity, heart disease, and diabetes. The Micronutrient Miracle explains the truth about what you're really eating and how your habits may be depleting essential micronutrients. It also provides an easy-to-follow 28-day plan to reverse these effects by restoring your depleted micronutrients. And the best part? This book is tailor-made to work with your lifestyle, including gluten-free, low-carb, low-fat, vegan, and Paleo recipes!

Book Information

Series: gluten free cookbook, gluten free diet, gluten free cooking, gluten free baking

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Average Customer Review: 4.0 out of 5 stars See all reviews (213 customer reviews)

Best Sellers Rank: #39,029 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #85 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #705 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Let me preface this review with the fact that I love Mira and Jayson Calton, and really enjoyed their previous book, Rich Food, Poor Food. I follow a Paleo/Primal lifestyle, and have listened to interviews with them on several different paleo/primal podcasts. They are a very engaging couple

with a powerful story of overcoming health challenges. I found the first 2/3rds of The Micronutrient Miracle very informative, it appears they really did their research. The writing style is engaging, and the information is eye opening. The information presented about how substances we are exposed to on a daily basis (environmental toxins, prescription drugs, even certain foods) can rob us of micro-nutrients was very useful. They give practical suggestions on ways to reduce this toxic load, and which micro-nutrient deficiencies might be responsible for a variety of health problems. They also give a helpful outline of what to look for when choosing a supplement. However, the last third of the book just seemed to be a shill for their new costly supplement line. In interviews I heard where they were promoting this book, I took away the message that the book was stand-alone from the supplement line. I was under the impression that their new 28-day plan could be easily followed using a whole foods approach. I wholeheartedly agree that micro-nutrient deficiency is a serious health epidemic across our nation, but this plan does not jive with a whole foods diet. Their plan revolves around supplementation and shake-based nutrition. I believe this would be a vast improvement for someone following a standard American diet, but for those of us already following a whole/real foods based diet, I would suggest looking elsewhere.

To be fair, I need to disclose that I have not read the finished book yet- mine is scheduled to be delivered by 8:00 pm tonight. I read a preprint. I was part of a group of human "guinea pigs" that was selected last April to follow this program. I own a lot of books of this genre but this book is absolutely unique. The focus is not high carb vs low carb, high fat, or calorie restriction. Instead, as the title announces, it focuses on the role of vitamins and minerals in driving our health. The book contains a series of extremely useful interactive tables that make it possible to accurately determine which micronutrients you are likely deficient in and what conditions can arise from those deficiencies. Then, it guides you in exactly how to become sufficient in these nutrients. It provides a number of dietary approaches to use depending on your personal goals- weight loss, autoimmune recovery, cardiac health and many others. The recipes supplied are fantastic and provide a glimpse into the foods of the cultures that they experienced on their multi-year Weston Price-like tour of the world. The book also covers exercise and other lifestyle topics to maximize health. Following their ketogenic protocol, I did indeed lose 13 pounds in 28 days but the "micronutrient miracles" that I experienced were numerous and -well, miraculous! My sleep pattern straightened out in a few days and my adult ADHD symptoms disappeared. Brain fog lifted and, amazingly, all of my early morning aches and pains disappeared. Conditions that I had for so long that I didn't even think about anymore cleared up! I won't speak for the others in the group because they will probably post here,

but what I can tell you is every one experienced micronutrient miracles.

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