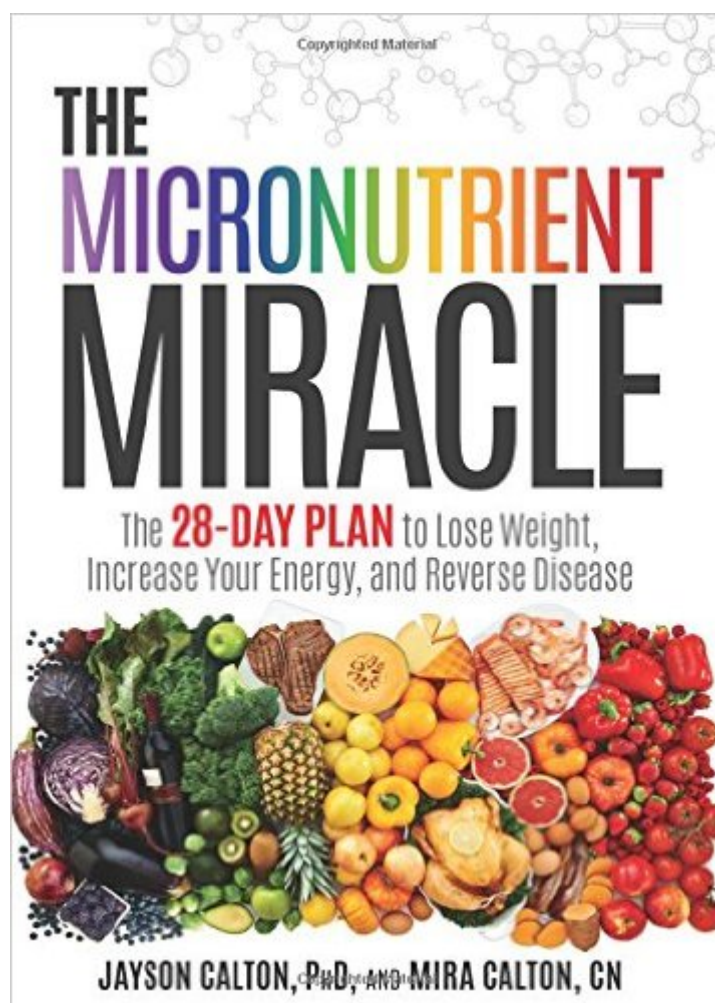


The book was found

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

Hardcover: 384 pages

Publisher: Rodale Books (August 11, 2015)

Language: English

ISBN-10: 1623365325

ISBN-13: 978-1623365325

Product Dimensions: 6.8 x 1.3 x 9.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

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.

[Download to continue reading...](#)

The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reverse Disease
The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reduce Disease
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)
30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More!
Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)
Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice
Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings)
Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide)
Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide)
Mediterranean Diet Cookbook: 80 Easy, Delicious and Healthy 30 MINUTE Recipes to Help You Lose Weight, Increase Your Energy and Prevent Heart Disease, Stroke and Diabetes
Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2)
Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms
Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins)
Bone Broth Power: Lose Weight, Improve Your Health, And Reverse Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle Book 1)
How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss
10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days!
30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe

Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation)

[Dmca](#)