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Here's a sample of what you'll see inside the book:

Travis Stork makes it clear that his reason behind writing The Lose Your Belly Diet is that the information concerning how food leaves an impact on health and weight is going through a constant mode of evolution. Also, the knowledge surrounding human gut microbiome and its impact on weight and health is going through continuous evolution as well, which is extremely significant in this context"

*this is an unofficial summary of Lose Your Belly Diet by Travis Stork meant to enhance your reading experience. It is not endorsed, affiliated by Lose Your Belly Diet or Travis Stork. It is not the full book.

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Jeff says

Its not a summary or a book. Don't waste your money. It's just a series of questions to answer after you've read the book. Feel very deceived!
