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Dr Michael Mosley unveils life-changing new gut diet Daily .

Gut Bacteria and Weight Loss : What You Need to Know The science behind gut bacteria and weight loss . Your gut is full of more than 1,000 species of bacteria, all of which work together to digest your food, keep your immune system strong, and remove toxins. Everyone has a unique gut microbiome, which is affected by everything from your diet to your genes. Your weight is another key factor.. Men's Health: Lose the Gut- WebMD 26 Best Foods For A Healthier, Happier Gut- Find out the 26 foods you should add to your diet to help increase helpful gut bacteria that will help you lose weight.. Gut Bacteria and Weight Loss : What You Need to Know Men's Health: Lose the Gut- WebMD mens-health-lose-gut

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