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The 'Clever Guts' book is written for a
broad audience: different generations,
countries, cultures, food availability,
health conditions. For that reason it

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would help to define 'wierd', 'sensible' and 'local' as they apply to you. The basis of CG is a reduced carb Mediterranean diet.

Recipes - Clever Guts

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exercise, Dr Michael Mosley has integrated many of the Clever Guts concepts into his comprehensive lifestyle plan, The Fast 800.

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In 2017 Michael Mosley released 'The

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Your gut is key to your physical and
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For more information about the clever guts diet, plus what to eat (and cut back on), buy The Clever Guts Diet book here, £4. Follow Dr Michael Mosley on Twitter @DrMichaelMosley and Anna @AnnaMaryHunter

What to eat on the 'clever guts diet'

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The Clever Guts Diet Recipe Book features 150 delicious recipes to help you nourish your body from the inside out. Your gut is key to your physical and mental wellbeing - home to your microbiome, an army of microbes that influences your weight, mood and immune system.

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