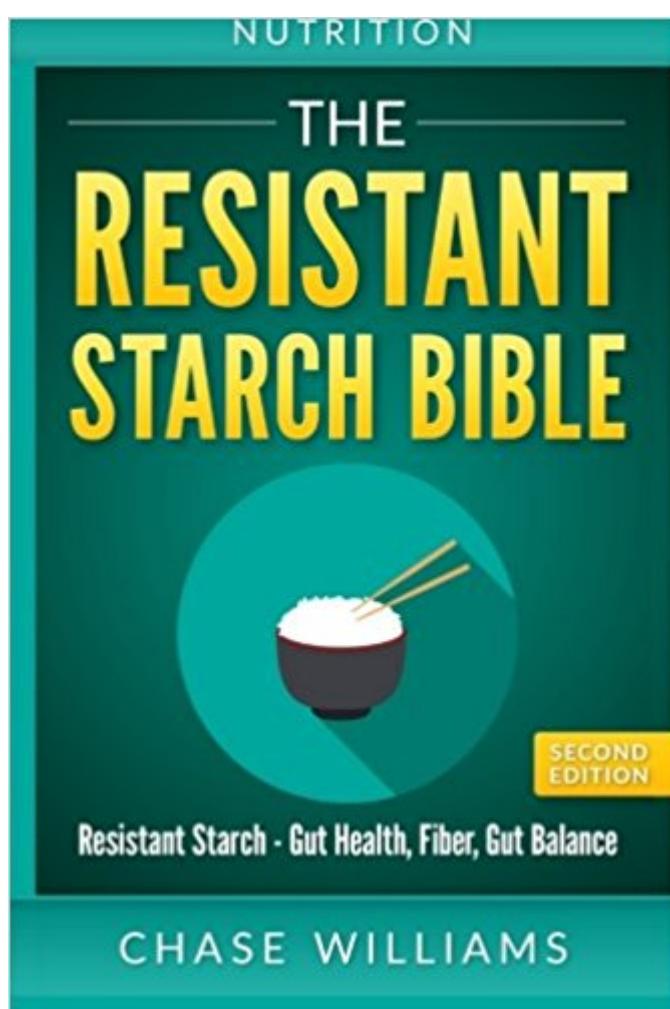


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# **Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance**



## Synopsis

The Resistant Starch Bible (Second Edition) In recent years there has been much ado about resistant starch, but there is still much mystery involved as well. This book takes the mystery out of resistant starch and propels you to a whole new understanding and knowledge of this food that can: Lower blood cholesterol and blood fats Decrease the production of new fat cells Make you feel fuller while maintaining a healthy weight Decrease insulin sensitivity Improve digestion Help Alleviate Irritable Bowel Syndrome, Diverticulitis, constipation and a host of other bowel disorders and diseases Help in regulating bowel movements by adding bulk and water to your stools Prevent the growth of unhealthy bacterial cells in your colon Enhance mineral absorption (especially calcium) Improve immunity by controlling the production of immune cells and inflammatory compounds in the gastrointestinal tract The Resistant Starch Bible is not just another treatise on how eating resistant starch can help you, but will give you an in depth understanding of exactly what resistant starches are, where they come from, how they are broken down and how they are used by the body to keep you healthy and happy. This book goes beyond the conventional informational thesis to provide you with a detailed explanation of what carbohydrates are and how they work, as well as what fiber is, what starch is, the difference between fiber and starch, what resistant starches are, where you can get resistant starches and finally how you can put all of that knowledge to work to create a diet that is rich in resistant starch today. There has never been a book like this, in that it is not only informative and educational, but it breaks it down into easy to understand language that requires very little knowledge of chemistry or science to comprehend the broad scope of resistant starches. Not only does it help you understand what resistant starches are, but it also explains how they work and how they can help to prevent leaky gut syndrome, type II diabetes, obesity, and a host of other issues.

## Book Information

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## Customer Reviews

I've been watching A LOT of videos on resistant starch after reading the starch solution. I was kind of getting it but still trying to get the big picture. This helped tons. New term to figure out in detail, butyrate... simple and interesting. I already do the cook/cool of potatoes. I eat them for breakfast and lunch and I always feel full and satisfied. I'm now trying to eat only when hungry and not at standard meal times because the potatoes leave me full for so long. I used to get super snacks at work, not anymore. I'm often still not hungry at dinner time. I do not add oils to my potatoes. I put a white gravy made with cashew milk so calories remain low for added items.

This guidebook is very helpful and by the help of this book I have come to know more about Nutrition. Here the author describes about gut health, fiber, Natural antibiotic, gut balance, and much more. By reading this book I have come to know and got some knowledge about some foods that can decrease the production of new fat cells. This book guided me about which foods can improve digestion, decrease insulin sensitivity and enhance mineral absorption. The author has done an excellent job and this book really improved my knowledge. I am glad to read this book and by reading this book I am impressed enough.

Your body usually uses the glucose it needs from the carbohydrates almost immediately, storing the rest of the glucose in your liver and muscles as glycogen. Glycogen is a complex carbohydrate that your system converts to glucose when carbohydrates from food are unavailable. When your body needs energy to fuel cells, such as when you are doing a rigorous workout, the body will burn stored glycogen, turning it into energy, if you do not have enough carbohydrates readily available. This is why you might feel fatigued early in your workout, especially if you haven't eaten anything recently before the workout.

This resistant starch book is a must have for everyone, reading this book will give you a vast amount of knowledge on why starch foods are very important to our body. This book gave me permission to eat starches I had been avoiding out of habit from my dieting days. A lot of my information was corrected and with evidence. Was a good start to learn about resistant starch.

All information about starch are here. You will know about the good starches. There is much discussion regarding resistant starch recently. Many beneficial effects of this resistant starch. In this book you will get all those information.

The Resistant Starch Bible book is highly informative. Who knows how resistant starch can help improving your health? I surmise not all of us. Well, don't worry about it. This author just did the whole research for us, and all we need to do is read this book. Resistant starch helps decreasing bad bacteria that our body doesn't want. It keeps you healthy, benefits your colon, and increases your metabolism and stress resistance. You will be surprised how this book can benefit your health. So make sure you take the time to educate yourself.

I read this book because of my school work on this topic. I was really impressed how author explains resistant starch and methods how to incorporate it to the diet. All in all, it's a great and solid guide for everyone who is interested in this topic. I would say it's helpful also for diabetes and for the people who want to lose some weight.

I only knew about resistant starch in this book. I got it out of curiosity really. I was surprised how informative it is in keeping a good diet and being healthy. It's a great handy reminder you would want to read each time you prepare your food. No complicated chemistry terms to understand and the helpful tips are spot on. Arm yourself with healthy knowledge you can pass on to your friends and loved ones.

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Health Book 6) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Fiber! Foods That Give You Daily Fiber - Healthy Eating for Kids - Children's Diet & Nutrition Books The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) The Complete Gut Health Cookbook: Everything You Need to Know about the Gut and How to Improve Yours The Gut Makeover: 4 Weeks to Nourish Your Gut, Revolutionise Your Health and Lose Weight Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science

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