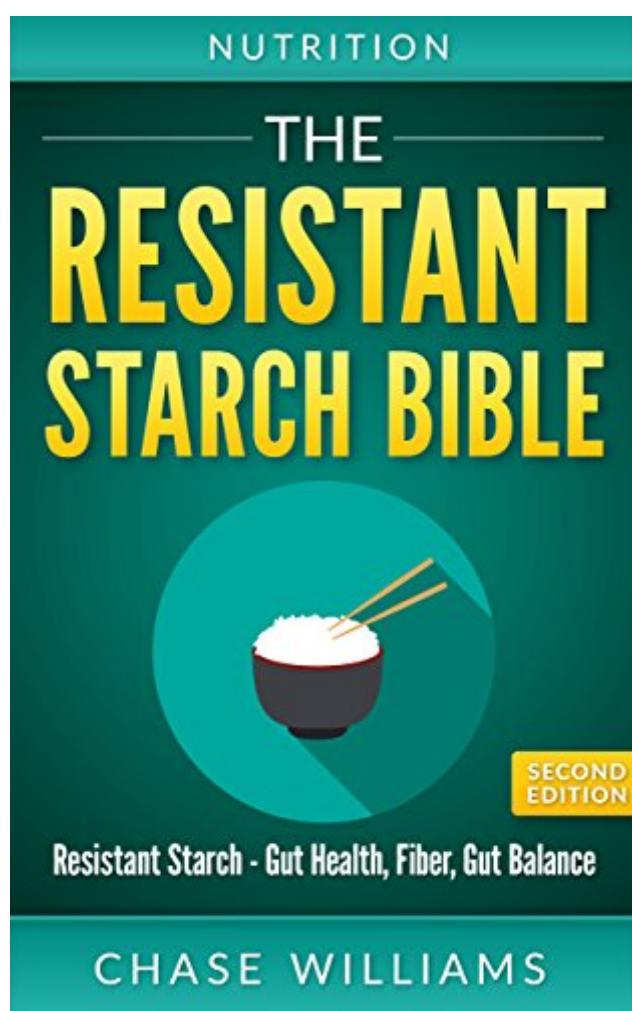


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# **Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut)**



## Synopsis

In recent years there has been much ado about Resistant Starch, but there is still much mystery involved as well. Upgraded 2nd Edition 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

Read it FREE on Kindle Unlimited - Download TODAY!

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. Once you have read this book, you'll want to read it again and again and you will, indeed, find yourself not only knowing what foods have resistant starches, but what resistant starches are and why they are so beneficial. In short you will become an expert in Resistant Starch, so much so that others will turn to you in helping them understand resistant starch. So, what are you waiting for? Scroll back up there to the top and click on the "Buy This Book" button and you will be on your way to knowing all there is to know about resistant starches and the healthy affects they can have on you, your friends and your family's health and well-being.

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## Book Information

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## **Customer Reviews**

This book should be retracted - I bought it last week and wish that I had not. The information is factually wrong and misleading. For instance, "amylose is insoluble but amylopectin is highly soluble" on page 16. This is untrue - both forms of starch are insoluble and starches contain a mixture of both of these forms. Another example "By consuming foods high in resistant starch, the body increases production of CCK, which tells our bodies that we've eaten enough" (page 27). Blatantly untrue - such studies do not exist. There is some data linking resistant starch to satiety hormones GLP-1 and PYY, but not CCK. A third example "Hi-Maize is an example of RS4 resistant starch" (page 35). Blatantly untrue - Hi-maize is a RS2 granular type of resistant starch and is NOT chemically modified in any way. Finally, a fourth example, "One of the foods that really packs a good supply of resistant starch is whole grain breads" (page 23). Again - blatantly false. Breads contain only small quantities of resistant starch with the only exception being breads with intact seeds, nuts or wheat berries. Whole grain bread typically contains the same amount of resistant starch as white bread. The best food sources are underripe/green bananas and beans. I am a HUGE resistant starch fan, but this book is really bad. Not just bad, but really bad. This topic is too valuable to settle for such poor summary.

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.

I read this book because of my school work on this topic. I was really impressed how author explain 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 wants to lose some weight.

This book is very informative. The way the author explained everything; explaining complex things in a simple way, I am very impressed. This one was added to my collection and I was impressed with the author's attention to factors that aren't usually covered in other books. Great and make a detailed guide to starch, and most importantly - has written a very accessible language.

This book 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 provides 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, and more. The resistant starch can provide you the kind of super health necessary to live a happier life. Kudos to author this book is very helpful and a lot of useful information.

The discovery of resistant starch is considered one of the major developments in our understanding of the importance of carbohydrates for health in the past twenty years. Nutrition: The Resistant Starch Bible: book covers in detail about resistant starch, its significance, its importance and how we can cure some of the scariest diseases using resistant starch. This was one of the most interesting read for me as I knew nothing about resistant starch but heard a lot about it, so happy to found this book.

This book is nice, the book opened my eyes to the composition of carbohydrate. The book was able to show me where fiber comes from, and how they help in slowing down digestion and allowing food breakdown slowly and also it was able to show the difference between resistant starch and fiber. I never knew that resistant starch also has several types and can be taken by diabetic patient. I am glad I read this book.

A comprehensive, detailed and top notch review of all nutritional myths. This book as others I've read is an eye opener. How satisfying to read all the science behind why it is good for me and why I can continue to eat rice, potatoes, and pasta with veggies and salsa as much as I want, whenever I want. This book gave me permission to eat starches I had been avoiding out of habit from my dieting days.

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