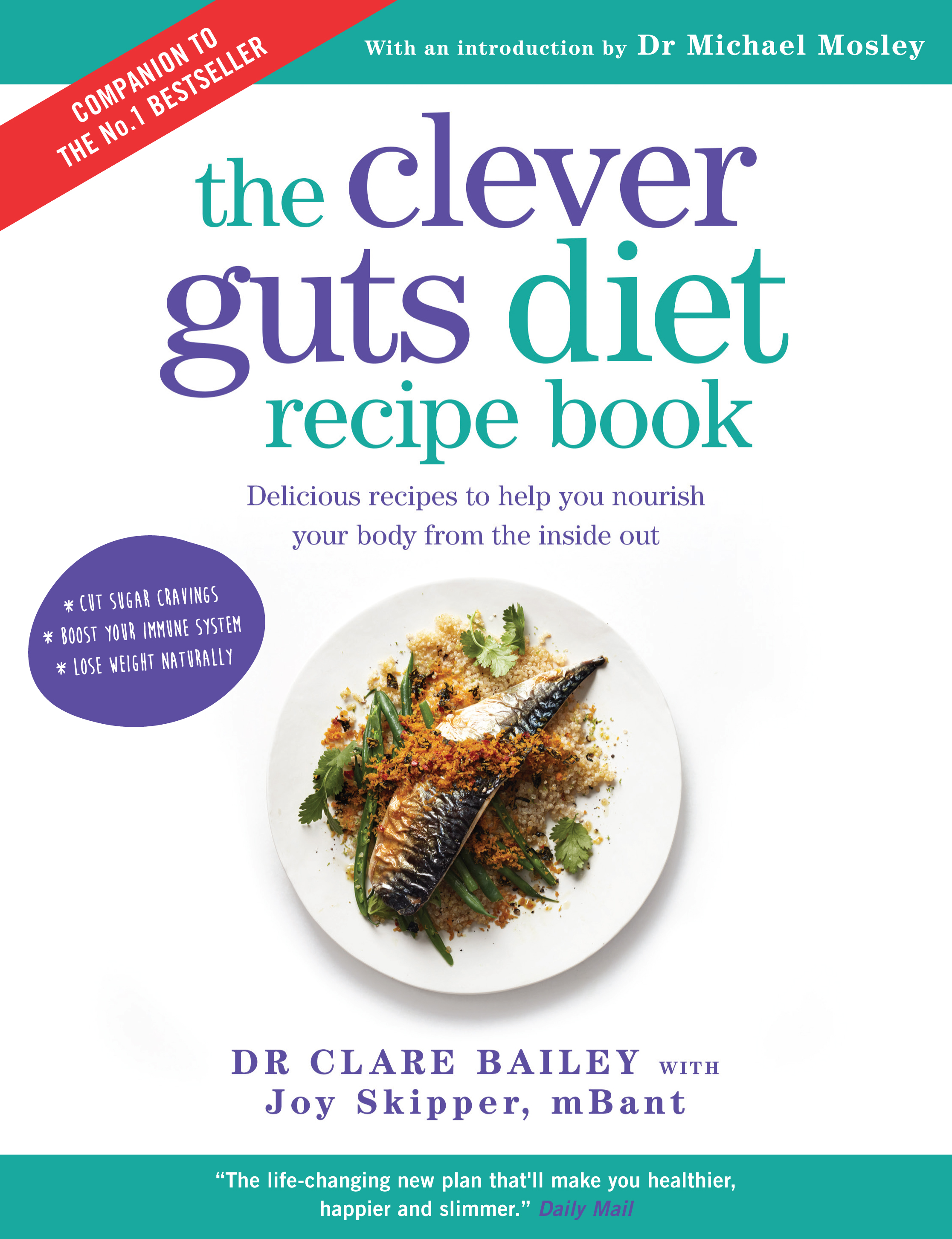
Foreword by Dr Michael Mosley



**The companion recipe book to the No 1 bestseller – The Clever Guts Diet**

the clever guts diet recipe book

Delicious recipes to help you nourish your body from the inside out

Dr Clare Bailey with

Joy Skipper, mBant

**PUBLISHED IN ORIGINAL PAPERBACK BY SHORT BOOKS ON 16 NOVEMBER 2017 PRICE £14.99**

**STRICLY EMBARGOED UNTIL 11TH NOVEMBER 2017**

**“The life-changing new plan that’ll make you healthier, happier and slimmer.”**

***Daily Mail***

**Your gut is key to y​our ​physical and mental wellbeing ​ – home to your microbiome, an army of microbes that influences your weight, mood and immune system​.​**

​In this companion book to Dr Michael Mosley's bestselling *The Clever Guts Diet*, Dr Clare Bailey, GP and wife of Dr Mosley,​ ​offers the definitive toolkit for bringing your gut back to optimum health. With 150 delicious recipes, ranging from healing broths and fermented food to enzyme-stimulating salads and meals rich in pre- and probiotics​, this book shows you how to reboot your microbiome with Dr Mosley's revolutionary two-phase gut ​repair programme​.

​Whether you ​are an IBS​ sufferer, have a food​ intolerance, or are ​simply looking t​o undo​ the damage done by processed foods and​ ​antibiotics​, *The Clever Guts Diet Recipe Book​* is packed with ​nutritional information,​ ​meal planners and all the advice you need to mend your gu​t and boost your health and wellbeing​.

**Dr Clare Bailey,** wife of Michael Mosley, is a GP who has pioneered the *Blood Sugar Diet* approach at her own surgery in Kent, and is the author of the hugely successful *8-week Blood Sugar Diet Recipe Book.* She has four children and a kitchen full of fermented food.

**Joy Skipper** is a qualified nutritionist who has worked in the food industry for over 20 years, writing cookery books and features as well as advising clients on healthy diet and lifestyle.

**Dr Michael Mosley** is a British jour­nalist, scientist, producer and TV presenter.

**Praise for *The Clever Guts Diet*:**

**“Dr. Mosley, one of the world's leading writers   
covering nutrition and health, does it again with a   
very informative and entertaining book. Follow his advice   
for better gut health.”**

**Dr. Valter Longo**

**Director, University of S California Longevity Institute**

**FOR MORE INFORMATION OR TO REQUEST AN INTERVIEW OR REVIEW COPY PLEASE CONTACT**

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