Stilton Literary Agency

Gut in Balance. Learn for Life - Cookbook

Original title: Kokeboken Naturlig Slank, med tarm i balanse
Publisher: Cappelen Damm 2018
Non-fiction / Cookbook /Health/Lifestyle

Based on the facts presented in the title *Guts in balance*, by Dr. Fedon Lindberg, this cookbook is offering everything you need in order to get a healthy weight forever. You will learn how to achieve a rich bacterial flora that helps the body absorb fewer calories from the food you eat and store less fat. The feeling of hunger is reduced and you get less cravings for sweets. You learn which foods can provide healthy weight over time, not just in the short term.

Dr.Fedon Lindberg guides you through the weight loss process step by step, through two phases: Phase 1 is about the actual weight loss, phase 2 is the stabilization phase and about how to keep your new and healthy weight. You will find weekly menus and recipes for each of the phases, a total of 70 recipes for all the day's meals. All the recipes are marked so that you can immediately see what type of dish it is. In the book, you'll also find recepies of vegan and vegetarian dishes.

With this cookbook, it will be easier to get better digestion, healthier intestines, increased metabolism and a lasting healthy and natural weight - and at the same time enjoy good food every single day.

Fedon Lindberg

In Norway he became famous with his first best selling book *Naturlig slank med kost i balanse* (2001). Since then he has published an impressive list of books such as *The Greek Doctor's Diet*, *Beyond G.I.*, *Smart barnemat*, *Tid med maten* to mention a few. Three of his previous books have sold widely internationally, translated to 14 languages, sold to 20 territories. With *Gut in Balance. Lean for Life* Lindberg has created yet another best seller, ranking high on Norway's best seller list.

Other titles
The Fight against Cancer (2025)
Food for the Heart. Let food be your medicine. (2018)
Gut in balance. Lean for Life (2017)
Tid med maten (Mindful Eating) (2014)
Helt Gresk (2013)
Smart Barnemat (2013)
Sunne Pastaretter (2012)
Smartkarbo - Ikke ett fett (2012)
Naturally Slim (2012)
Mat for Livet (2010)