Stilton Literary Agency

Gut in balance. Lean for Life

Original title: Naturlig slank med tarm i balanse
Publisher: Kagge Forlag 2017
Non-Fiction / Cookbook /Health/Lifestyle
89000 Words
Extensive English material available

Dr. Fedon Lindberg gives an insightful perspective on the connection between increased weight gain and the underlying imbalance of bacteria in the guts, or what he calls “the gut factor”, the overlooked cause of weight gain.

Based on new science, dr. Lindberg explains how the digestion system works and how you can achieve a healthy bacterial eco-system. If you pay attention to this important ”gut factor”, it will lead to weight loss by making the body absorb fewer calories, reduce feeling of hunger and sugar hunger, and finally store less fat.

The key point is to limit the consumption of sugar and starch, and to eat more healthy fat. Furthermore, one should eat more ”living” and fermented food, and enough proteins in each meal in order to balance the gut’s bacterial flora.

The book offers a clear understanding of ”the gut factor”, a diet plan easy to abide by, a 14-day menu, over 50 recipes and many good advices. You will learn what you need to get – and maintain – a healthy gut balance, good digestion, quicker burning of calories and a lasting weight loss.

Foreign rights
Münchener Verlagsgruppe, Germany
Eksmo, Russia

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. Learn for Life - Cookbook (2018)
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)