



Webinar: How to Heal Your Gut and Transform Your Health with Plants

By Will Bulsiewicz, MD
June 08 2021

GOOD HEALTH STARTS IN THE GUT

Did you know that most of your immune system resides in your gut, along with 99.5 percent of your genetic code? It's also home to trillions of microbes—aka your gut microbiome—that help keep your body running like a well-oiled machine. A healthy microbiome is the key to boosting metabolism, balancing hormones, and taming the inflammation that can lead to a host of diseases and conditions.

In this webinar video, Dr. Will Bulsiewicz, gastroenterologist and author of the new *Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Health, and Optimizing Your Microbiome*, shares cutting-edge research and his extensive clinical knowledge on gut health and diet. In this presentation, you will learn:

- How your microbiome impacts blood sugar, cholesterol levels, immunity, mood, and more.
- Why elimination diets can be hazardous to your health.
- The signs and symptoms of a damaged microbiome, and how simple diet changes can help undo the damage in fairly short order.

[WATCH THE REPLAY](#)