



Webinar Replay: Healthy Gut, Healthy Weight: The Plant Foods Connection with Dr. Will Bulsiewicz

By Will Bulsiewicz, MD, MSCI
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The microbes in your gut are critical to healthy digestive function. And that's just the beginning.

“I personally lost 50 pounds not by restricting my food but by adding more fiber-rich foods to my diet and eating them until I felt full,” says gastroenterologist Will Bulsiewicz, MD, MSCI. “I was shocked to find that the solution was abundance, not restriction—and that food quality was more important than food quantity. Why hadn’t I been taught this in medical school?”

In this eye-opening webinar, Dr. Bulsiewicz pulls back the veil on the science of weight loss and metabolism and explains why a fiber-fueled diet is the answer for long-lasting weight loss.

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