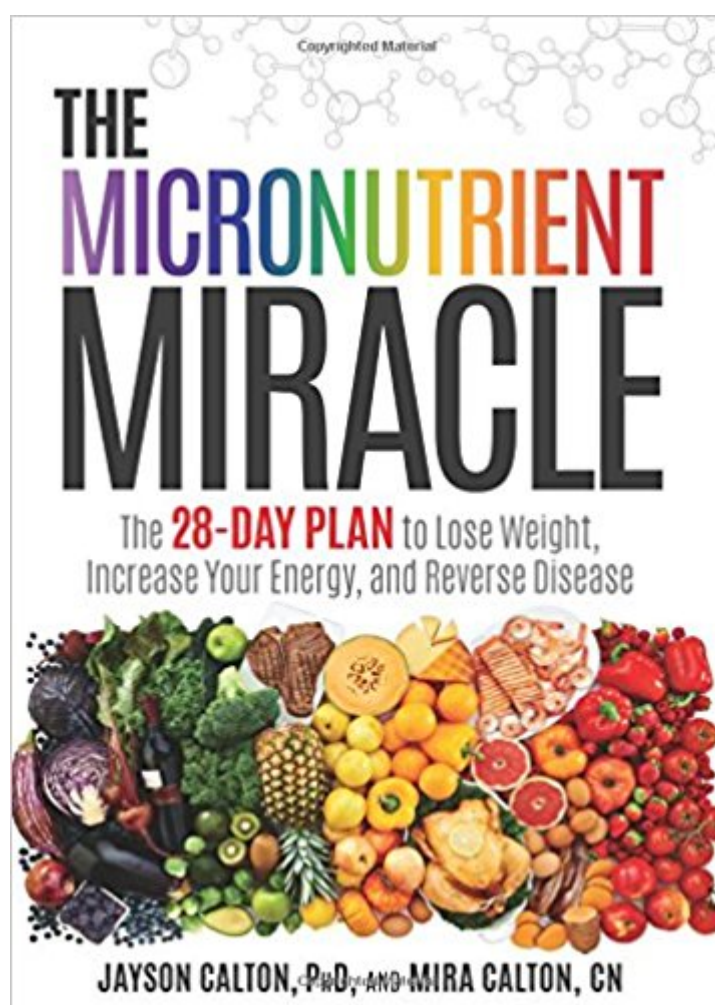


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# The Micronutrient Miracle: The 28-Day Plan To Lose Weight, Increase Your Energy, And Reverse Disease



## Synopsis

Our poor health and growing waistlines can be traced back to the hidden crisis of a micronutrient deficiency. More than 90 percent of all Americans are deficient in at least one of these health-promoting vitamins and minerals and don't even know it. According to nutritionists Jayson and Mira Calton, micronutrients--vitamins and minerals essential for optimum health--are being stripped from our diet and depleted by our lifestyle habits. And these deficiencies cause today's most common illnesses. Mira herself developed advanced osteoporosis at the age of 30. But with Jayson's help, she reversed her disease through micronutrient therapy. The Caltons created The Micronutrient Miracle, an incredible cure-all program, to help you lose weight and prevent and reverse common disorders, including obesity, heart disease, and diabetes. The Micronutrient Miracle explains the truth about what you're really eating and how your habits may be depleting essential micronutrients. It also provides an easy-to-follow 28-day plan to reverse these effects by restoring your depleted micronutrients. And the best part? This book is tailor-made to work with your lifestyle, including gluten-free, low-carb, low-fat, vegan, and Paleo recipes!

## Book Information

Series: gluten free cookbook, gluten free diet, gluten free cooking, gluten free baking

Hardcover: 384 pages

Publisher: Rodale Books (August 11, 2015)

Language: English

ISBN-10: 1623365325

ISBN-13: 978-1623365325

Product Dimensions: 6.8 x 32.3 x 240 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 229 customer reviews

Best Sellers Rank: #86,309 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #121 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #1102 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

"Being deficient in your essential micronutrients causes long-latency diseases such as osteoporosis, cancer, diabetes, heart disease dementia, obesity and more. The Caltons have properly identified

the problem and offer us a powerful solution that will help you lose weight, increase energy and reverse disease faster than you may have ever thought possible." ~Mark Hyman, MD, author of the #1 New York Times best seller, The Blood Sugar Solution 10 Day Detox Diet "We know today that getting all of the nutrition we need from our food is tricky, but do you know why? From depleted soils, to non-organic and GMO foods, to foods and activities that deplete our body's nutrient stores on a daily basis, the list of violations against our health goes on and on. In Micronutrient Miracle, the Caltons not only explain the causes of widespread nutrient deficiencies, but they also outline a clear plan for everyone to become sufficient as well." ~ Diane Sanfilippo, New York Times bestselling author of Practical Paleo "Micronutrients often become the missing link for fast, lasting fat loss and optimal health. In their groundbreaking new book, Mira and Jayson Calton connect the dots to provide a powerfully effective, easy-to-implement plan that helps you become lean, toned, and vibrantly healthy. Don't miss this one!" ~ JJ Virgin, author of the New York Times best seller, The Sugar Impact Diet "If you are stressed, overweight, exhausted, or suffering from any health condition, then read this book." ~ Sara Gottfried, MD, New York Times bestselling author of The Hormone Reset Diet. "It took 100 countries, 7 continents and 6 years for the Caltons to discover the Fountain of Youth. It only took them 1 book to share it with you. The Micronutrient Miracle is your guide to longevity, radiant health and an excuse to eat more delicious food. Today is the day for you to start your plan!" ~ George Bryant, author of the New York Times Best Seller, The Paleo Kitchen "The Micronutrient Miracle isn't your average "diet" book. On the contrary, it's a true strategy book teaching you how to regain your health and optimize your life through nutrition! I don't say this lightly when I say micronutrients are one of the most powerful truths in nutrition today and the Caltons have nailed it in this great book. They've lived it themselves and proven it out in their own lives and now you have their secret in your hands. Highly recommended!" ~ Leanne Ely, C.N.C., NYT bestselling author and founder of Saving Dinner dot com

Celebrity Nutritionists Jayson B. Calton Ph.D. and Mira Calton CN, are among the world's leading experts in micronutrients and dietary supplement science. Fellows of the American Association of Integrative Medicine (AAIM), board certified in Integrative Health (BCIH), and on the American Board of Integrated Health (ABIH), the Caltons operate Calton Nutrition and The Calton Institute of Lifestyle Medicine in Florida, offering training to health professionals through their Certified Micronutrient Specialist (CMS) program and assisting individual clients with their groundbreaking Micronutrient Miracle program. They are also the formulators of Nutreince, the world's first multivitamin using this patented Anti-Competition technology. They are the authors of

Naked Calories, and Rich Food, Poor Food, and a regular nutrition column in First for Women magazine. They have been featured in major media outlets including The Wall Street Journal, CNN, Fox & Friends, PBS, and Prevention magazine.

Let me preface this review with the fact that I love Mira and Jayson Calton, and really enjoyed their previous book, Rich Food, Poor Food. I follow a Paleo/Primal lifestyle, and have listened to interviews with them on several different paleo/primal podcasts. They are a very engaging couple with a powerful story of overcoming health challenges. I found the first 2/3rds of The Micronutrient Miracle very informative, it appears they really did their research. The writing style is engaging, and the information is eye opening. The information presented about how substances we are exposed to on a daily basis (environmental toxins, prescription drugs, even certain foods) can rob us of micro-nutrients was very useful. They give practical suggestions on ways to reduce this toxic load, and which micro-nutrient deficiencies might be responsible for a variety of health problems. They also give a helpful outline of what to look for when choosing a supplement. However, the last third of the book just seemed to be a sell for their new costly supplement line. In interviews I heard where they were promoting this book, I took away the message that the book was stand-alone from the supplement line. I was under the impression that their new 28-day plan could be easily followed using a whole foods approach. I wholeheartedly agree that micro-nutrient deficiency is a serious health epidemic across our nation, but this plan does not jive with a whole foods diet. Their plan revolves around supplementation and shake-based nutrition. I believe this would be a vast improvement for someone following a standard American diet, but for those of us already following a whole/real foods based diet, I would suggest looking elsewhere. The book is worth purchasing for the information on micro-nutrient deficiency and target supplementation alone. But don't expect to be able to follow their "28 day plan" without shelling out some major cash for their specialized product line. Had they simply provided the information about micro-nutrient deficiency without the sales pitch, this would have been a 5 star review.

I do like the content of the book. I believe it is good research and do agree that most people are deficient in something. I also think the products they offer are no doubt high quality. However, with that said, I was a little disappointed that the 'diet' that is recommended consists primarily of products they sell and there's really not an alternative. Yes, I went ahead and purchased the protein to try but as a mom of three (who feeds her kiddos a very well balanced, high fat, paleo-ish, organic diet) I just can't justify the costs of all the products at this time. I will have to hit the high points and

supplement when I can with the recommended products. I wish I would have been able to be involved in the study! I see the Calton's are endorsed as celebrity nutritionists.. I think you would have to be a celebrity to afford it! :)

I too was in the test/focus group and participated in the Micronutrient Miracle 28 day program a few months ago. My goals for the program were to lose a few pounds, increase my energy and strengthen my bones (I recently had poor DEXA scan results.) I saw great results which included: weight loss, bloating disappeared, increased energy, better quality of sleep, my hot flashes disappeared and even a cluster of warts from my had disappeared!) I'm looking forward to my next DEXA scan to see if my bone density has improved.) EVERY SINGLE PERSON in the test/focus group experienced similar results. The food was delicious and I was always satisfied. Besides the quick results, the other things I loved about this book was how INTERACTIVE it is! There are many charts/questionnaires which help you CUSTOMIZE the plan to YOUR NEEDS. I own a lot of health/diet books and none of them are as custom as the Micronutrient Miracle. Yes, I highly recommend this book!

I just finished the book and overall think it was worth the time and cost. It had a ton of really interesting, academically supported and concisely laid out nutritional information. I highlighted sections for almost everyone I know. That said, I agree with some of the earlier comments that it feels increasingly salesy as it progresses. In fairness, they always mention you can use other brands (and recommend many by name--which is refreshing and helpful) but they make a pretty solid case as to why their products are really in a class of their own. So much so that I left feeling that to follow the plan by self-sourced means would offer sub-par results. As mentioned in other comments, the plan is centered heavily around meal-replacing, protein shakes to which you add healthy fats and vitamins. I would totally try it (and will let you know if I do) but for just me to follow it would cost around \$300 per month--even at the bulk discounted rates. Multiply that by my family of 6 and then add on the additional cost of all organic produce and grass-fed protein for all and you have a nice mortgage payment. As a long term plan it is truly unsustainable for most. I know they say you cannot put a price on health but homelessness can offer a compelling case. ;) Bottom line: Give the book a try--the info seems solid and the writing is not unpleasant or overly dry. Learn some great stuff, throw out your non-stick pans and Tupperware, eat better and supplement strategically where you can afford to. Try not to slip into a spiral of despair thinking all is lost when they recommend you fill an entire fryer with fifty dollars worth of specially-formulated oil just to make

some chicken wings. Skip the infomercial Miracle Plan website--the endless scrolling and DIY videos will just make you crazy. (Pro Tip: If you are going to use a bed sheet for a backdrop, iron the fold lines out for heaven's sake.)

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