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THE LITERARY & TALENT AGENCY

Jeannette Hyde

Jeannette Hyde is a highly-experienced London-based practicing Registered Nutritional Therapist (BSc mBANT, CNHC) who specialises in helping people improve their health through diet and lifestyle changes. She also works with men and women to reboot their health on her highly-acclaimed Gut Makeover Retreats in Spain. She collaborates with St Mary's University in London on gut-brain studies. She is author of The Gut Makeover (December 2015), and The Gut Makeover Recipe Book (June 2016) The Gut Makeover has been published by Bloomsbury in the US and Cananda in May 2017.

Publications

Non-Fiction

Publication Details	Notes
THE GUT MAKEOVER 2016 Quercus	The Gut Makeover is based on revolutionary new science that reveals that the state of our gut is central to our weight and health. Packed with easy-to-follow advice, the latest science and nourishing recipes and meal plans, this is more than another fad diet. This is a lifestyle you'll want to adopt for life.
THE GUT MAKEOVER RECIPE BOOK 2016	The Gut Makeover: This is more than another fad diet. This is a lifestyle you'll want to adopt for life. Join the thousands of people who are transforming their bodies, minds and overall health with this groundbreaking gut diet for a healthier, happier and lighter you. Packed with over 100 delicious and nourishing recipes to make your gut-health transformation easy, delicious and fulfilling, The Gut Makeover Recipe Book also explains the revolutionary new science that reveals that the state of our gut is central to our weight and health - and will help you control your weight, improve your skin, sleep better, lift your spirits and strengthen your immune system for good.