



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

By Jayson Calton, Mira Calton

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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!

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### Editorial Review

#### Review

"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 in 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

#### About the Author

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.

## Users Review

### From reader reviews:

#### **Ismael Black:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or their particular friends. Usually they performing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Can be reading a book may be option to fill your free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reverse Disease can be excellent book to read. May be it is usually best activity to you.

#### **Therese Watson:**

In this period of time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The book that recommended to your account is The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reverse Disease this book consist a lot of the information of the condition of this world now. This kind of book was represented so why is the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The actual writer made some study when he makes this book. That's why this book ideal all of you.

#### **Solomon Steward:**

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