

# stihl bg55 parts diagram

**stihl bg55 parts diagram** is an essential reference tool for anyone looking to maintain, repair, or understand the components of the STIHL BG55 blower. This diagram provides a detailed visual representation of each part, enabling users to identify, order, and replace components accurately. Understanding the layout and function of each piece within the blower is crucial for both professional landscapers and DIY enthusiasts to ensure optimal performance and longevity. This article delves into the importance of the Stihl BG55 parts diagram, outlines the key components with descriptions, and offers guidance on how to interpret and utilize the diagram effectively. Additionally, insights into common replacement parts and maintenance tips will be discussed to enhance the user's experience with the tool.

- Understanding the Stihl BG55 Parts Diagram
- Key Components of the Stihl BG55
- How to Read and Use the Parts Diagram
- Common Replacement Parts and Maintenance
- Tips for Ordering Genuine Stihl BG55 Parts

## Understanding the Stihl BG55 Parts Diagram

The Stihl BG55 parts diagram is a comprehensive schematic that visually breaks down the blower into its individual components. This diagram is designed to assist users in identifying each part by name and number, facilitating easier maintenance and repair. The diagram typically includes exploded views that separate components, showing their relative positions and connections within the assembly. For technicians and owners alike, this tool is invaluable for troubleshooting issues and ensuring that every replacement part fits correctly.

## Purpose and Importance

The primary purpose of the Stihl BG55 parts diagram is to provide clarity on the intricate construction of the blower. Without such a diagram, locating specific parts or understanding how they interact can be challenging. It helps prevent errors during assembly or repair, reduces downtime, and ensures the blower operates as intended. The use of this diagram also aids in verifying part numbers when purchasing replacements, reducing the risk of ordering incorrect components.

## Where to Find the Diagram

The parts diagram is typically available in the Stihl BG55 user manual, service manuals, or through authorized dealers. Many official Stihl websites and parts retailers provide downloadable PDFs or interactive diagrams. Having access to an accurate and up-to-date parts diagram ensures compatibility with the latest versions and updates of the blower model.

## Key Components of the Stihl BG55

The Stihl BG55 blower consists of multiple essential components, each serving a critical function in its operation. Understanding these parts helps in identifying issues and performing targeted repairs. Below is a detailed overview of the major components found in the Stihl BG55 parts diagram.

### Engine Assembly

The engine assembly is the powerhouse of the blower, typically a two-stroke gasoline engine designed for efficient air movement. It includes the cylinder, piston, spark plug, carburetor, and ignition system. Proper maintenance of the engine assembly is crucial for reliable starting and smooth operation.

### Impeller and Housing

The impeller is the rotating component responsible for generating airflow. It is housed within the blower casing, which directs the air through the output tube. The parts diagram highlights the impeller's position relative to the motor and housing, showing how air is funneled effectively.

### Throttle and Controls

Throttle controls regulate the engine speed and, subsequently, the airflow output. The parts diagram displays the throttle trigger, linkage, and associated springs and cables. Understanding these parts is important for ensuring responsive and precise blower control.

### Air Filter and Intake System

The air filter protects the engine by preventing dust and debris from entering the carburetor and combustion chamber. The intake system components are clearly marked in the diagram, allowing for easy inspection and replacement when necessary.

## **Fuel System Components**

The fuel tank, fuel lines, and carburetor compose the fuel system. Proper identification of these parts in the Stihl BG55 parts diagram helps users maintain fuel flow and prevent leaks or blockages that could impair performance.

## **Housing and Frame Parts**

The outer casing, handles, and mounting brackets provide structural support and ergonomics. The diagram shows how these parts fit together to form the blower's body, ensuring user comfort and tool durability.

## **How to Read and Use the Parts Diagram**

Reading the Stihl BG55 parts diagram requires attention to detail and understanding of the labeling system. Each component is usually assigned a part number and reference label, which correspond to a parts list. This section explains the best practices for interpreting and utilizing the diagram effectively.

## **Identifying Parts by Number**

Each part in the diagram is numbered, correlating with a detailed list that provides part names and sometimes specifications. This numbering system is essential for ordering the correct replacement parts and verifying compatibility with your specific blower model.

## **Exploded View Interpretation**

The exploded view separates components spatially to show assembly order and relationships. Understanding this layout helps technicians disassemble and reassemble the unit correctly without missing or misplacing parts. It also highlights how small components like screws, washers, and springs fit into the larger assembly.

## **Cross-Referencing with Maintenance Manuals**

Combining the parts diagram with the blower's maintenance or service manual enhances repair accuracy. The manual often provides instructions, torque specifications, and troubleshooting tips that complement the visual guidance of the diagram.

## **Common Replacement Parts and Maintenance**

Regular maintenance and timely replacement of worn parts are key to extending the life of the Stihl BG55 blower. The parts diagram helps users pinpoint which components are prone to wear and need periodic attention.

## Frequently Replaced Parts

- **Air Filter:** Requires regular cleaning and replacement to ensure engine efficiency.
- **Spark Plug:** Needs periodic replacement to maintain proper ignition.
- **Impeller:** Can wear or become damaged; replacement ensures optimal airflow.
- **Fuel Lines:** May crack or leak over time and should be inspected regularly.
- **Throttle Cable:** Subject to wear and stretching, affecting responsiveness.

## Maintenance Best Practices

Utilizing the parts diagram for maintenance tasks allows for precise identification of components that require lubrication, tightening, or replacement. Keeping the blower clean, using recommended fuel mixes, and following the manufacturer's maintenance schedule will prevent premature wear and breakdowns.

## Tips for Ordering Genuine Stihl BG55 Parts

Ordering genuine replacement parts ensures compatibility, safety, and longevity of the Stihl BG55 blower. The parts diagram serves as an essential tool in this process by providing exact part numbers and descriptions.

## Verifying Part Numbers

Always cross-check the part number from the diagram with the supplier's catalog or official Stihl parts database. This verification reduces errors and ensures the correct component is shipped.

## Purchasing from Authorized Dealers

Authorized Stihl dealers guarantee authentic parts and often offer technical support. Using the parts diagram to communicate part requirements clearly improves the ordering experience and reduces delays.

## Considering Compatibility and Updates

Be aware that part designs can change with product revisions. Confirm that the part number corresponds with the specific model year of the BG55 blower. Consulting the latest parts diagram version helps account for these updates.

# **Frequently Asked Questions**

## **Where can I find a parts diagram for the Stihl BG55 blower?**

You can find the Stihl BG55 parts diagram on the official Stihl website under the parts lookup section or in the user manual that comes with the blower.

## **What are the main components shown in the Stihl BG55 parts diagram?**

The main components typically include the engine assembly, blower tube, air filter, spark plug, carburetor, recoil starter, throttle trigger, and housing parts.

## **Is the Stihl BG55 parts diagram available in PDF format?**

Yes, the Stihl BG55 parts diagram is often available in PDF format on the Stihl official website or through authorized dealer websites.

## **Can the parts diagram help me identify the correct replacement parts for my Stihl BG55?**

Yes, the parts diagram provides detailed illustrations with part numbers, helping you accurately identify and order the correct replacement parts.

## **Are there online resources besides Stihl's site that provide Stihl BG55 parts diagrams?**

Yes, websites like eReplacementParts, Partstree, and Amazon sometimes offer detailed parts diagrams and listings for the Stihl BG55 blower.

## **Does the Stihl BG55 parts diagram include exploded views of the engine?**

Yes, the parts diagram typically includes exploded views of the engine and other assemblies to facilitate easy identification and repair.

## **How can I use the parts diagram to perform maintenance on my Stihl BG55?**

By referencing the parts diagram, you can identify individual components, understand their assembly order, and ensure you replace or service the correct parts.

## **Are replacement parts for Stihl BG55 listed with their part numbers in the diagram?**

Yes, each component in the parts diagram is usually labeled with a part number that you can use to order replacements directly.

## **Is the Stihl BG55 parts diagram updated regularly to reflect new parts?**

Stihl updates parts diagrams as needed, especially if there are design changes or new replacement parts, so it's best to check the latest version on their official site.

## **Additional Resources**

### *1. Stihl BG55 Maintenance and Repair Manual*

This comprehensive manual provides detailed diagrams and step-by-step instructions for servicing the Stihl BG55 blower. It covers everything from basic maintenance to troubleshooting common issues. The book is ideal for both beginners and experienced mechanics who want to ensure their equipment runs smoothly.

### *2. Understanding Stihl BG55 Parts and Components*

A detailed guide focusing on the individual parts of the Stihl BG55, this book includes exploded diagrams and descriptions of each component. Readers will gain a better understanding of how the blower works and how to identify and replace worn or damaged parts. It is a valuable resource for DIY enthusiasts and professionals alike.

### *3. Stihl BG Series: Parts and Repair Diagrams*

This book covers the entire Stihl BG series, with a strong emphasis on the BG55 model. It features clear parts diagrams alongside repair tips to assist users in maintaining their equipment efficiently. Additionally, it includes helpful advice on sourcing genuine Stihl parts to ensure optimal performance.

### *4. Small Engine Repair: Stihl BG55 and Similar Models*

Targeted at small engine repair technicians, this book offers detailed explanations and diagrams for the Stihl BG55 and comparable blowers. It highlights common faults and how to fix them, with a focus on the engine, carburetor, and ignition system. This resource is perfect for those wanting to expand their knowledge of small engine mechanics.

### *5. DIY Stihl BG55 Blower Repair Guide*

This user-friendly guide is designed for homeowners and hobbyists who want to perform their own repairs on the Stihl BG55. It includes clear parts diagrams, troubleshooting checklists, and maintenance schedules. The book aims to make blower repair accessible and affordable without sacrificing quality.

### *6. Stihl BG55 Parts Catalog and Service Instructions*

An official parts catalog combined with service instructions, this book provides authoritative information for identifying and ordering replacement parts. It features detailed exploded views of the Stihl BG55, making it easier to understand the assembly and disassembly

process. Ideal for service centers and serious DIYers.

#### *7. Mastering Stihl BG55 Blower Mechanics*

This technical guide delves deeply into the mechanical workings of the Stihl BG55 blower. It explains the function of each part, supported by precise diagrams and engineering insights. The book is geared towards advanced users and professionals who want to master the intricacies of blower maintenance and repair.

#### *8. Troubleshooting and Repair of Stihl BG55 Leaf Blowers*

Focused on diagnosing and fixing common problems, this book offers practical solutions for Stihl BG55 owners. It includes detailed parts diagrams to help locate and identify faulty components quickly. The guide emphasizes cost-effective repairs and prolonging the life of the blower.

#### *9. Stihl BG55 Parts Diagram Handbook for Technicians*

Designed specifically for technicians, this handbook provides an extensive collection of parts diagrams for the Stihl BG55. It serves as a quick reference for identifying parts during repairs and maintenance. The book also includes tips on assembly, disassembly, and best practices for handling parts safely.

## **Stihl Bg55 Parts Diagram**

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### **# Stihl BG 55 Parts Diagram: A Comprehensive Guide**

Ebook Name: Mastering Your Stihl BG 55: A Complete Parts Guide and Troubleshooting Manual

Outline:

Introduction: Understanding the Importance of a Parts Diagram

Chapter 1: Locating Your Stihl BG 55 Parts Diagram: Official Sources and Third-Party Options

Chapter 2: Deciphering the Diagram: Understanding Symbols, Numbers, and Component Identification

Chapter 3: Common Stihl BG 55 Parts and Their Functions: A detailed breakdown of key components.

Chapter 4: Troubleshooting with the Parts Diagram: Identifying and resolving common issues using the diagram.

Chapter 5: Sourcing Replacement Parts: Finding genuine Stihl parts and reliable alternatives.

Chapter 6: Maintenance and Repair Using the Parts Diagram: Practical application of the diagram for maintenance tasks.

Chapter 7: Safety Precautions When Working with the Stihl BG 55: Emphasizing safe handling and repair practices.

Conclusion: Maximizing the Lifespan of Your Stihl BG 55

# **Stihl BG 55 Parts Diagram: A Comprehensive Guide**

## **Introduction: Understanding the Importance of a Parts Diagram**

A Stihl BG 55 parts diagram is an invaluable tool for anyone owning this popular backpack blower. It's more than just a picture; it's a roadmap to understanding the inner workings of your machine, enabling efficient maintenance, troubleshooting, and repairs. Without a clear visual representation of each component and its location, diagnosing problems and ordering replacement parts becomes a significantly more challenging and potentially costly endeavor. This guide will provide you with the knowledge and resources to effectively utilize a Stihl BG 55 parts diagram, maximizing the lifespan and performance of your blower.

## **Chapter 1: Locating Your Stihl BG 55 Parts Diagram**

Finding a reliable parts diagram for your Stihl BG 55 is the first crucial step. Several avenues exist:

**Stihl's Official Website:** The most reliable source is Stihl's official website. Navigating to their support or parts section, you can usually input your model number (BG 55) to access exploded diagrams showing each part individually. These diagrams are often highly detailed and include part numbers for easy ordering.

**Stihl Dealers:** Your local Stihl dealer is another excellent resource. They can provide printed diagrams or access online resources to show you the parts breakdown. This option allows for personalized assistance if you have any questions or require further clarification.

**Online Retailers:** Many online retailers selling Stihl parts also provide parts diagrams. While convenient, always verify the accuracy and reliability of the source before using it for ordering parts. Check reviews and ensure the retailer is an authorized Stihl dealer or has a strong reputation for providing accurate information.

**Third-Party Repair Manuals:** Some repair manuals for the Stihl BG 55 might include a parts diagram. However, ensure the manual is up-to-date and accurate for your specific model number.

## **Chapter 2: Deciphering the Diagram: Understanding Symbols, Numbers, and Component Identification**

Stihl parts diagrams typically use a standardized format. Each component is numbered, and these numbers correspond to a parts list. Understanding the diagram involves recognizing these key elements:

**Exploded View:** The diagram depicts the blower disassembled, showing the relationships between components. This allows for easier identification of parts and their location within the machine.

**Part Numbers:** Each component is assigned a unique part number. This is essential for ordering replacements. Note down the part number accurately to prevent ordering the wrong item.

**Symbols:** Diagrams may use symbols to denote specific features or characteristics of a part, such as material type or special instructions. Refer to the accompanying legend to understand these symbols.

**Assembly Order:** Some diagrams might suggest an assembly order, which is crucial for proper reassembly after maintenance or repairs. Pay close attention to this information to avoid errors.

## **Chapter 3: Common Stihl BG 55 Parts and Their Functions**

The Stihl BG 55, like any backpack blower, comprises numerous parts. Understanding their functions is essential for maintenance and troubleshooting. Here are some key components:

**Engine:** The heart of the blower, responsible for generating power. Familiarize yourself with the carburetor, air filter, spark plug, and other engine components.

**Fuel System:** Includes the fuel tank, fuel lines, and carburetor. Understanding these components is crucial for fuel delivery and troubleshooting fuel-related issues.

**Air Intake System:** The air filter plays a vital role in protecting the engine from debris. Regularly cleaning or replacing it is essential for optimal performance.

**Blower Housing:** Protects the internal components and directs airflow.

**Fan/Impeller:** The component responsible for creating the high-velocity airflow.

**Throttle Control:** Regulates the engine speed.

**Exhaust System:** Disperses exhaust gases away from the operator.

**Straps and Harness:** The system supporting the weight of the blower on the operator's back.

## **Chapter 4: Troubleshooting with the Parts Diagram**

A parts diagram is invaluable for troubleshooting. By visually identifying a component, you can quickly determine the potential source of the problem. For example, if the blower isn't producing sufficient airflow, you might examine the fan, air filter, or fuel system using the diagram as a guide. The diagram helps in pinpointing the faulty component, making repairs more efficient.

## **Chapter 5: Sourcing Replacement Parts**

Once you've identified a faulty part using the diagram, sourcing a replacement is crucial. Remember to always use genuine Stihl parts or high-quality alternatives from reputable suppliers. Using inferior parts can compromise the performance and longevity of your blower. Sources include:

**Stihl Dealers:** The best option for genuine Stihl parts, providing assurance of quality and authenticity.

**Online Retailers:** Several reputable online retailers offer Stihl parts. Always check reviews and ensure the seller is legitimate.

## **Chapter 6: Maintenance and Repair Using the Parts Diagram**

The parts diagram aids in performing regular maintenance and minor repairs. For example, it guides you in disassembling the blower for cleaning the air filter or replacing the spark plug. Always refer to the Stihl BG 55's owner's manual for detailed instructions and safety precautions. The diagram serves as a visual aid to ensure proper component reassembly.

## **Chapter 7: Safety Precautions When Working with the Stihl BG 55**

Safety is paramount when working with power equipment. Always follow these precautions:

**Disconnect the spark plug:** Before performing any maintenance or repair, disconnect the spark plug to prevent accidental starting.

**Wear appropriate personal protective equipment (PPE):** This includes safety glasses, gloves, and hearing protection.

**Work in a well-ventilated area:** Exhaust fumes can be harmful.

**Never operate the blower near flammable materials:** Avoid using the blower near dry grass or other flammable substances.

**Consult the owner's manual:** The owner's manual contains detailed safety instructions that must be followed.

## **Conclusion: Maximizing the Lifespan of Your Stihl BG 55**

A Stihl BG 55 parts diagram is a fundamental tool for maintaining and repairing your backpack blower. By understanding how to use it effectively, you can significantly extend the life of your machine, avoid costly repairs, and ensure its optimal performance. Remember to always prioritize safety and consult the owner's manual alongside the parts diagram for comprehensive guidance.

# FAQs

1. Where can I find a free Stihl BG 55 parts diagram? While free diagrams are sometimes available online, Stihl's official website is the most reliable source, even if it requires registration or purchase.
2. What if the part number on my diagram is different from the one listed online? Double-check the model number of your BG 55 to ensure accuracy. If discrepancies persist, contact Stihl directly or your local dealer.
3. Can I use aftermarket parts instead of Stihl genuine parts? While possible, using non-genuine parts might affect performance and warranty. It's best to prioritize Stihl parts for reliability and optimal results.
4. How often should I refer to the parts diagram for maintenance? Regularly consult the diagram for routine maintenance, like cleaning the air filter, or whenever troubleshooting an issue.
5. Is it necessary to have mechanical skills to use the diagram effectively? Basic mechanical aptitude helps, but the diagram's visual nature simplifies the process, even for beginners.
6. What if I damage a part beyond repair? Contact your local Stihl dealer for replacement options.
7. Can I use the parts diagram to perform major repairs myself? While the diagram is helpful, major repairs often require professional expertise.
8. Are there any video tutorials available to assist with using the diagram? Search YouTube for videos on Stihl BG 55 maintenance and repair – these often incorporate parts diagrams.
9. How do I know if the parts diagram I found online is accurate? Verify the source's credibility, check for reviews, and compare the diagram's information to the owner's manual.

## Related Articles

1. Stihl BG 55 Troubleshooting Guide: A detailed guide to common problems and their solutions.
2. Stihl BG 55 Maintenance Schedule: A comprehensive schedule for preventative maintenance.
3. How to Clean a Stihl BG 55 Air Filter: Step-by-step instructions for cleaning and replacing the air filter.
4. Replacing the Spark Plug on a Stihl BG 55: A guide on replacing the spark plug with detailed images.
5. Stihl BG 55 Carburetor Adjustment: A guide on adjusting the carburetor for optimal performance.
6. Understanding Stihl BG 55 Fuel System Components: A detailed explanation of each component in the fuel system.
7. Stihl BG 55 Repair Costs: A guide to typical repair costs and when to seek professional help.
8. Choosing the Right Backpack Blower: A comparison guide to help you select the right blower for your needs.
9. Safety Tips for Using a Backpack Blower: Comprehensive safety instructions for operating a backpack blower safely.

**stihl bg55 parts diagram:** Bees of the Eastern United States Theodore B. Mitchell, 1960

**stihl bg55 parts diagram:** The Rise of the Japanese Specialist Manufacturer Ferguson Evans, 2008-09-30 Specialist manufacturers have existed in Japan from even before the start of industrialization in the late nineteenth century. Proliferating since but remaining steadfastly lean, many of them can be categorized as leading medium-sized enterprises. This book looks at how they

are globalizing and assuming a role as East Asian specialists.

**stihl bg55 parts diagram: Spring 6pk**, 2004-10-14 Ideally suited for Guided Reading and proven highly successful in Reading Recovery and similar early intervention programs, the 169 Carousel Readers were conceived and created by teachers and teacher trainers. The Carousel Big Books contain the same text and illustrations and are ideal for shared reading. Teacher's Cards for each title provide comprehensive support.

**stihl bg55 parts diagram: Insidious Measures** Rusty Portner, 2012-03-08 A nefarious global power seeks to take over the rights and liberties of the American people in Rusty Portner's white-knuckle thriller, *Insidious Measures*. Daniel Huntington is a computer programmer, but one day, his life turns upside down when he discovers a secret plot by a global group called the Quorum, which threatens to destroy the American way of life. Because of his discovery, Daniel finds himself in a unique position to intercede. To do so could put him and those around him in great danger. Will he be forced to choose between his loved ones and his love of liberty? What price will he pay in his struggle against the agents of faux Utopianism? As Daniel fights the assaults of this deadly global agenda, time is ticking out. Can he succeed or is his life-and America's future-already about to expire? Freedom and liberty are everyone's birthright, but they must be jealously guarded, says Portner. His blistering novel warns of a trans-generational, multi-national movement that is dedicated to usurping American sovereignty and delivering it to a global government. This global movement will limit our power and undermine our right to manage all aspects of our American life. This is a thrilling, plot-driven novel for anyone who has ever wondered if the global view of our society has gone too far. But it is also an argument for America's right of self-government and expression and an exploration into the very principles of liberty. Beautifully written and filled with gripping plot twists and turns, *Insidious Measures* explores historical conspiracy and mixes it up with events eerily similar to those playing out today. Freedom and liberty must be vigilantly guarded, says Portner, and we must be aware of the often subtle forces that seek to undermine our way of life. Provocative and inspiring, it is a call for every patriot to reexamine what it means to really be an American. A global government is not the answer, says Portner. Part *Atlas Shrugged*, part *The Overton Window*, and totally original, *Insidious Measures* will change the way you see the world, even as it tingles your spine.

**stihl bg55 parts diagram: Revision and Reclassification of *Lasioglossum* (Evylaeus), L. (Hemihalictus) and L. (Sphecodogastra) in Eastern North America (Hymenoptera: Apoidea)** Gibbs Jason, Laurence Dennis Marchant Packer, Sheila Dumesh, Bryan N Danforth, 2013

**stihl bg55 parts diagram: My War Gone By, I Miss It So** Anthony Loyd, 2015-11-03 'Undoubtedly the most powerful and immediate book to emerge from the Balkan horror of ethnic civil war' Antony Beevor, *Daily Telegraph* In 1993, Anthony Loyd hitchhiked to the Balkans hoping to become a journalist. Leaving behind him the legends of a distinguished military family, he wanted to see 'a real war' for himself. In Bosnia he found one. The cruelty and chaos of the conflict both appalled and embraced him; the adrenaline lure of the action perhaps the loudest siren call of all. In the midst of the daily life-and-death struggle among Bosnia's Serbs, Croats and Muslims, Loyd was inspired by the extraordinary human fortitude he discovered. But returning home he found the void of peacetime too painful to bear, and so began a longstanding personal battle with drug abuse. This harrowing account shows humanity at its worst and best. It is a breathtaking feat of reportage; an uncompromising look at the terrifyingly seductive power of war. 'As good as reporting gets. I have nowhere read a more vivid account of frontline fear and survival. Forget the strategic overview. All war is local' Martin Bell, *The Times*

**stihl bg55 parts diagram: The Skinny Gut Diet** Brenda Watson, C.N.C., Leonard Smith, M.D., Jamey Jones, B.Sc., 2016-04-05 The secret to permanent weight loss revealed. The real reason diets fail has nothing to do with calories and everything to do with the balance of bacteria in your gut. A simple guide to show you how to finally achieve your ideal weight. The 100 trillion bacteria that live in your digestive tract—which make up 90 percent of the cells in your body—are the real reason you gain or lose weight. When those microbes are out of balance, chronic health conditions

can occur, including irritable bowel syndrome, fatigue, and obesity. By balancing the good and bad bacteria, you can finally achieve your ideal weight—for good. In *The Skinny Gut Diet*, New York Times bestselling author, public television icon, certified nutritional consultant, and digestive health expert Brenda Watson offers an insightful perspective on the little-known connection between weight gain and an underlying imbalance of bacteria in the gut, or what she calls the “gut factor”—the overlooked root cause of weight gain. Drawing upon the latest scientific research, Brenda illuminates the inner workings of the digestive system and provides instructions for achieving a healthy bacterial ecosystem that spurs weight loss by enabling the body to absorb fewer calories from food, experience reduced cravings, and store less fat. The premise is simple: curtail sugar consumption (and its surprising sources) and eat more healthy fats, living foods, and protein to balance the gut bacteria. The result? A skinny gut. *The Skinny Gut Diet* centers around an easy-to-follow diet plan. A 14-day eating plan, dozens of delicious recipes and sage advice help you achieve—and maintain—digestive balance and sustained weight loss. With inspiring real-life stories of ten individuals who transformed their health on the *Skinny Gut Diet*, Brenda empowers you to become your own health advocate so that you can finally shed unwanted pounds and enjoy optimal health and vitality.

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