

GUT THE INSIDE STORY OF OUR BODY S MOST UNDERRATED ORGAN PAPERBACK

RECOGNIZING THE MANNERISM WAYS TO ACQUIRE THIS BOOK **GUT THE INSIDE STORY OF OUR BODY S MOST UNDERRATED ORGAN PAPERBACK** IS ADDITIONALLY USEFUL. YOU HAVE REMAINED IN RIGHT SITE TO BEGIN GETTING THIS INFO. GET THE GUT THE INSIDE STORY OF OUR BODY S MOST UNDERRATED ORGAN PAPERBACK LINK THAT WE PROVIDE HERE AND CHECK OUT THE LINK.

YOU COULD BUY LEAD GUT THE INSIDE STORY OF OUR BODY S MOST UNDERRATED ORGAN PAPERBACK OR GET IT AS SOON AS FEASIBLE. YOU COULD QUICKLY DOWNLOAD THIS GUT THE INSIDE STORY OF OUR BODY S MOST UNDERRATED ORGAN PAPERBACK AFTER GETTING DEAL. SO, BEHIND YOU REQUIRE THE BOOKS SWIFTLY, YOU CAN STRAIGHT ACQUIRE IT. ITS THUS NO QUESTION EASY AND SUITABLY FATS, ISNT IT? YOU HAVE TO FAVOR TO IN THIS SKY

HEART JOHANNES HINRICH VON BORSTEL 2016-10-27 THE HEART — WE ALL HAVE ONE, PUMPING AWAY RELIABLY IN OUR CHEST, NEVER STOPPING TILL THE DAY WE DIE. BUT FEW OF US THINK MUCH ABOUT THIS HEROIC ORGAN UNTIL IT STARTS TO GO WRONG. IN THIS LIVELY AND INFORMATIVE EXPLORATION OF ALL ASPECTS OF THE HEART, JOHANNES HINRICH VON BORSTEL OFFERS A PERFECT MIX OF MEDICAL

FACT AND AMUSING ANECDOTE. A PROSPECTIVE CARDIOLOGIST AND FORMER PARAMEDIC — AS WELL AS ONE OF GERMANY'S MOST SUCCESSFUL SCIENCE-SLAMMERS — VON BORSTEL RELATES HIS OWN EXPERIENCES TO PROVIDE A PERSONAL INSIGHT INTO THE HUMAN SIDE OF HEART MEDICINE, WHILE CLEARLY EXPLAINING THE SCIENCE BEHIND CARDIAC DISEASE AND HEALTHCARE FOR THE HEART. HIS MANY TIPS ON HOW TO GIVE YOUR TICKER THE BEST CHANCE OF ENDURING

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FOR AS LONG AS POSSIBLE INCLUDE ONE THAT WILL CERTAINLY BE CLOSE TO MANY PEOPLE'S HEARTS: HAVE MORE SEX! OH, AND EAT MORE VEGETABLES ...

THE DIET MYTH TIM SPECTOR 2015-09-08 WHAT SHOULD WE EAT? IT'S A SIMPLE AND FUNDAMENTAL QUESTION THAT STILL BEWILDERS US, DESPITE A SEEMINGLY INFINITE AMOUNT OF AVAILABLE INFORMATION ON WHICH FOODS ARE BEST FOR OUR BODIES. SCIENTISTS, DIETICIANS, AND EVEN GOVERNMENTS REGULARLY PUBLISH RESEARCH ON THE DANGERS OF TOO MUCH FAT AND SUGAR, AS WELL AS ON THE BENEFITS OF EXERCISE, AND YET THE GLOBAL OBESITY CRISIS IS ONLY WORSENING. MOST DIET PLANS PROVE TO BE ONLY SHORT-TERM SOLUTIONS, AND FEW STRATEGIES WORK FOR EVERYONE. WHY CAN ONE PERSON EAT A CERTAIN MEAL AND GAIN WEIGHT, WHILE ANOTHER EATING THE SAME MEAL DROPS POUNDS? PART OF THE TRUTH LIES IN GENETICS, BUT MORE AND MORE, SCIENTISTS ARE FINDING THAT THE ANSWER ISN'T SO MUCH WHAT WE PUT INTO OUR STOMACHS, BUT RATHER THE ESSENTIAL DIGESTIVE MICROBES ALREADY IN THEM. DRAWING ON THE LATEST SCIENCE AND HIS TEAM'S OWN PIONEERING RESEARCH, THE DIET MYTH EXPLORES THE HIDDEN WORLD OF THE MICROBIOME, AND DEMYSTIFIES THE COMMON MISCONCEPTIONS ABOUT FAT, CALORIES, VITAMINS, AND NUTRIENTS. DR. TIM SPECTOR SHOWS US THAT ONLY BY UNDERSTANDING WHAT MAKES OUR OWN PERSONAL MICROBES TICK AND INTERACT CAN WE OVERCOME THE CONFUSION OF

MODERN NUTRITION, ALLOWING US TO REGAIN NATURAL BALANCE IN OUR BODIES. COUNTLESS RECENT SCIENTIFIC PAPERS HAVE BEEN WRITTEN ON WEIGHT-LOSS TOPICS LIKE PREBIOTICS AND FRUCTANS, AND THE DIET MYTH GATHERS THESE LATEST FINDINGS INTO ONE PLACE, REVEALING NEW INFORMATION ABOUT HOW BEST TO LOSE WEIGHT AND MANAGE OUR BODIES. MIXING CUTTING-EDGE DISCOVERIES, ILLUMINATING SCIENCE, AND HIS OWN CASE STUDIES, SPECTOR REVEALS WHY WE SHOULD ABANDON FADS AND INSTEAD EMBRACE DIVERSITY FOR A BALANCED DIET, A HEALTHY STOMACH, AND A NOURISHED BODY.

GULP: ADVENTURES ON THE ALIMENTARY CANAL MARY ROACH 2014-04-01 THE HUMOROUS SCIENCE WRITER OFFERS A TOUR OF THE HUMAN DIGESTIVE SYSTEM, EXPLAINING WHY THE STOMACH DOESN'T DIGEST ITSELF AND WHETHER CONSTIPATION CAN KILL YOU.

BUGS, BOWELS, AND BEHAVIOR TERI ARRANGA 2013-06-01 ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, THERE ARE SIXTY TO SEVENTY MILLION PEOPLE AFFECTED BY DIGESTIVE DISEASES IN THE UNITED STATES. THE OLD PROVERB TELLS US "YOU ARE WHAT YOU EAT," AND THE LATEST SCIENCE SHOWS THAT THIS MAY BE TRUER THAN WE EVEN THOUGHT. DIET HAS A PROFOUND EFFECT ON BOTH PHYSICAL AND MENTAL HEALTH. MOST OF THE BODY'S IMMUNE SYSTEM IS IN THE GUT, SO PATHOLOGY AND DYSFUNCTION IN THE GUT AND IMBALANCED GUT FLORA CAN CAUSE

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NEUROINFLAMMATION AND POSSIBLY EVEN NEURODEGENERATIVE DISEASE OVER TIME. FEATURING CONTRIBUTIONS FROM DOZENS OF EXPERTS ON GUT DISORDERS AND RELATED PHYSICAL, MENTAL, AND BEHAVIORAL HEALTH, THIS BOOK WILL FASCINATE YOU AS YOU READ ABOUT THE INTRIGUING WORLD OF BAD BUGS, CYTOKINE STORMS, AND THE ENVIRONMENT IN YOUR BELLY THAT INFLUENCES YOUR BRAIN. FROM THE MICROSCOPIC WORLD OF CLOSTRIDIUM TO THE COMPLEX COMMUNITIES OF BIOFILM, BUGS, BOWELS, AND BEHAVIOR EMPHASIZES ONE SIMPLE FACT: THE GUT IS CONNECTED TO THE BRAIN.

FOLLOW YOUR GUT ROB KNIGHT 2015-04-07 ALLERGIES, ASTHMA, OBESITY, ACNE: THESE ARE JUST A FEW OF THE CONDITIONS THAT MAY BE CAUSED—AND SOMEDAY CURED—BY THE MICROSCOPIC LIFE INSIDE US. THE KEY IS TO UNDERSTAND HOW THIS GROUNDBREAKING SCIENCE INFLUENCES YOUR HEALTH, MOOD, AND MORE. IN JUST THE LAST FEW YEARS, SCIENTISTS HAVE SHOWN HOW THE MICROSCOPIC LIFE WITHIN OUR BODIES— PARTICULARLY WITHIN OUR INTESTINES—HAS AN ASTONISHING IMPACT ON OUR LIVES. YOUR HEALTH, MOOD, SLEEP PATTERNS, EATING PREFERENCES—EVEN YOUR LIKELIHOOD OF GETTING BITTEN BY MOSQUITOES—CAN BE TRACED IN PART TO THE TINY CREATURES THAT LIVE ON AND INSIDE OF US. IN FOLLOW YOUR GUT, PIONEERING SCIENTIST ROB KNIGHT PAIRS WITH AWARD-WINNING SCIENCE JOURNALIST BRENDAN BUHLER TO

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EXPLAIN—WITH GOOD HUMOR AND EASY-TO-GRASP EXAMPLES—WHY THESE NEW FINDINGS MATTER TO EVERYONE. THEY LEAD A DETAILED TOUR OF THE PREVIOUSLY UNSEEN WORLD INSIDE OUR BODIES, CALLING OUT THE DISEASES AND CONDITIONS BELIEVED TO BE MOST DIRECTLY IMPACTED BY THEM. WITH A PRACTICAL EYE TOWARD DEEPER KNOWLEDGE AND BETTER DECISIONS, THEY ALSO EXPLORE THE KNOWN EFFECTS OF ANTIBIOTICS, PROBIOTICS, DIET CHOICE AND EVEN BIRTH METHOD ON OUR CHILDREN’S LIFELONG HEALTH. ULTIMATELY, THIS PIONEERING BOOK EXPLAINS HOW TO LEARN ABOUT YOUR OWN MICROBIOME AND TAKE STEPS TOWARD UNDERSTANDING AND IMPROVING YOUR HEALTH, USING THE LATEST RESEARCH AS A GUIDE.

FIGHTING THE DRAGON SANDRA KISCHUK 2012-11-01 FOR DECADES, TRADITIONAL MEDICINE HAD VERY LITTLE TO OFFER FOR INDIVIDUALS SUFFERING FROM MULTIPLE SCLEROSIS AND OTHER AUTOIMMUNE DISEASES. TODAY, MEDICAL SCIENCE HAS BROUGHT US WAVE UPON WAVE OF IMMUNOMODULATORY MEDICATIONS TO TRY TO SLOW DISEASE PROGRESSION. UNFORTUNATELY, THESE MEDICATIONS COME WITH THEIR OWN HEALTH- AND LIFE-THREATENING SIDE EFFECTS. AND SOMETIMES, THEY JUST STOP WORKING. “FIGHTING THE DRAGON: HOW I BEAT MULTIPLE SCLEROSIS” IS THE STORY OF ONE WOMAN’S THIRTY YEAR BATTLE WITH MULTIPLE SCLEROSIS AND WHAT SHE DID TO RECLAIM HER LIFE WHEN SHE REALIZED SHE WOULD NEED AN ASSISTED LIVING FACILITY

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WITHIN A FEW YEARS. THE BOOK CONTAINS DETAILED DESCRIPTIONS OF WHAT WORKED AND WHAT DID NOT, WHERE SHE GOT THE HELP SHE NEEDED (AND HOW THE READER CAN LOCATE THESE RESOURCES WITHIN HIS/HER OWN COMMUNITY), AND THE LOGIC BEHIND THE NON-CONVENTIONAL THERAPIES. "FIGHTING THE DRAGON" IS A NARRATIVE OF COURAGE—COURAGE DRIVEN BY DESPERATION, A STORY WRITTEN BY A PATIENT WHO DECIDED, WHEN HER NEUROLOGIST TOLD HER, "YOU WILL NEVER WALK NORMALLY AGAIN," THAT SHE WOULD DANCE. "FIGHTING THE DRAGON" IS ALSO A BOOK THE MS PATIENT CAN TAKE TO HIS/HER PHYSICIAN . . . IT CONTAINS WELL-RESEARCHED, EASY-TO-FOLLOW GUIDELINES FOR WHAT TO DO AND HOW. THE INFORMATION IS ALSO APPLICABLE TO A WIDE RANGE OF OTHER AUTOIMMUNE CONDITIONS, CANCERS, AND AIDS. * * * * * EXCERPT: . . . IF YOUR CAR KEPT BREAKING DOWN AND THE MECHANIC YOU TOOK IT TO KEPT DOING THE SAME THING TO FIX IT—BUT IT DID NOT STAY FIXED, YOU WOULD QUESTION THE MECHANIC'S COMPETENCE. MAYBE THE MECHANIC PULLED OUT A TECHNICAL MANUAL. "SEE. I FIXED IT EXACTLY AS THE MANUAL SAID. THIS IS THE INDUSTRY-APPROVED WAY TO SOLVE THIS PROBLEM." WHEN THE CAR BROKE DOWN AGAIN A WEEK LATER, WOULD YOU BE SATISFIED? PROBABLY NOT. YOU MIGHT DECIDE IT IS TIME TO REPLACE THE CAR. BUT THAT MIGHT BE TOO EXPENSIVE. SO, WHAT TO DO? IF YOU WERE SMART, YOU WOULD PROBABLY

TRY TO FIND A NEW MECHANIC. YOU MIGHT ASK YOUR FRIENDS WHO THEY WOULD RECOMMEND. YOU MIGHT SEARCH ON THE INTERNET TO SEE IF OTHER PEOPLE HAD THE SAME EXPERIENCE WITH THEIR CARS . . . AND WHAT CAUSED THE PROBLEM. YOU MIGHT TELEPHONE SOME REPAIR SHOPS TO GET SOME IDEA OF WHAT THEY THOUGHT THE PROBLEM MIGHT BE. IF YOU FOUND A NEW MECHANIC AND THAT MECHANIC LOOKED OVER THE CAR AND SAID, "I HAVE A SOLUTION THAT IS NOT IN ANY INDUSTRY-APPROVED REPAIR MANUALS, BUT IT IS SAFE AND IT WORKS,"—WOULD YOU WALK AWAY AND GO BACK TO THE FIRST MECHANIC WHO NEVER GOT IT RIGHT? WHY IS YOUR HEALTH WORTH ANY LESS THAN YOUR CAR?

GUT GIULIA ENDERS 2015-05-24 OUR GUT IS ALMOST AS IMPORTANT TO US AS OUR BRAIN AND YET WE KNOW VERY LITTLE ABOUT HOW IT WORKS. GUT: THE INSIDE STORY IS AN ENTERTAINING, INFORMATIVE TOUR OF THE DIGESTIVE SYSTEM FROM THE MOMENT WE RAISE A TASTY MORSEL TO OUR LIPS UNTIL THE MOMENT OUR BODY SURRENDERS THE REMNANTS TO THE TOILET BOWL. NO TOPIC IS TOO LOWLY FOR THE AUTHOR'S WONDER AND ADMIRATION, FROM THE CAREFUL CHOREOGRAPHY OF BREAKING WIND TO THE PRECISE INTERNAL COMMUNICATION REQUIRED FOR A CLEANSING VOMIT. ALONG THE WAY, THE AUTHOR PROVIDES PRACTICAL ADVICE SUCH AS THE BEST WAYS TO SIT ON THE TOILET TO HAVE A COMFORTABLE BOWEL MOVEMENT, HOW CLEAN YOUR KITCHEN SHOULD BE FOR OPTIMUM GUT HEALTH, AND HOW DIFFERENT

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LAXATIVES WORK. SHE TELLS STORIES OF GUT BACTERIA THAT CAN LEAD TO OBESITY, AUTOIMMUNE DISEASES, OR EVEN SUICIDE, AND SHE DISCUSSES THE BENEFITS OF DIETARY SUPPLEMENTS SUCH AS PROBIOTICS. THIS BOOK IS A FASCINATING PRIMER FOR ANYONE INTERESTED IN HOW OUR IDEAS ABOUT THE GUT ARE CHANGING IN THE LIGHT OF CUTTING-EDGE SCIENTIFIC RESEARCH. IN THE WORDS OF THE AUTHOR, "WE LIVE IN AN ERA IN WHICH WE ARE JUST BEGINNING TO UNDERSTAND JUST HOW COMPLEX THE CONNECTIONS ARE BETWEEN US, OUR FOOD, OUR PETS AND THE MICROSCOPIC WORLD IN, ON, AND AROUND US. WE ARE GRADUALLY DECODING PROCESSES THAT WE USED TO BELIEVE WERE PART OF OUR INESCAPABLE DESTINY."

WHAT'S YOUR POO TELLING YOU? JOSH RICHMAN
2007-05-03 WITH UNIVERSAL APPEAL (EVERYONE POOPS, AFTER ALL), THIS WITTY, ILLUSTRATED DESCRIPTION OF OVER TWO DOZEN DOOKIES (EACH WITH A MEDICAL EXPLANATION WRITTEN BY A DOCTOR) DETAILS WHAT ONE CAN LEARN ABOUT HEALTH AND WELL-BEING BY STUDYING WHAT'S IN THE BOWL. A FLOATER? IT'S PROBABLY DUE TO A BUILDUP OF GAS. NOW THINK BACK ON LAST NIGHT'S DINNER, A BURRITO PERHAPS?...ALL THE GREATEST HITS ARE HERE: THE LOG JAM, THE GLASS SHARD, THE DEJA POO, THE HANGING CHAD...THE LIST GOES ON. SIDEBARS, TRIVIA, OVER 60 EUPHEMISMS FOR NUMBER 2, AND UNUSUAL CASE HISTORIES ALL MAKE THIS THE ULTIMATE BATHROOM READER. WHO KNEW

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YOU COULD LEARN SO MUCH FROM YOUR POO?
WHEN YOUR BODY TALKS, LISTEN! ALLEN LAWRENCE,
2015-08-21 HOW WE BECOME ILL AND THE CAUSES OF ILLNESS ARE GENERALLY A MYSTERY TO MOST PEOPLE. RESEARCHERS NOW TELL US THAT 70% TO 80% OF ALL ILLNESSES SEEN BY MEDICAL DOCTORS ARE EITHER CAUSED BY OR MADE WORSE BY STRESS. THE FULL STORY OF THOSE STRESS-RELATED DISORDERS, ILLNESSES PRODUCED BY STRESS, ARE NOW EXAMINED AND ILLUMINATED BY DR'S ALLEN AND LISA ROBYN LAWRENCE. YOU MUST READ THIS BOOK IF YOU, OR SOMEONE YOU KNOW: EXPERIENCE SYMPTOMS WHICH YOU BELIEVE INDICATE THAT YOU ARE BECOMING ILL AND WANT TO STOP THE ILLNESS PROCESS. ARE ALREADY ILL AND ARE NOT GETTING THE RESULTS YOU WANT FROM YOUR DOCTOR. ARE WELL AND WANT TO EITHER PREVENT BECOMING ILL IN THE FUTURE OR LEARN HOW YOU CAN PREVENT ILLNESS BEFORE IT CAN SET IN. ARE ALREADY ILL AND WANT TO LEARN TO WORK WITH YOUR BODY'S NATURAL HEALING ABILITY WITHOUT EXPENSIVE, PAINFUL OR DANGEROUS MEDICAL TREATMENTS. THE DR'S LAWRENCE TAKE YOU ON STEP-BY-STEP JOURNEY ILLUSTRATING THE ROLE YOUR MIND, YOUR BODY AND YOUR SPIRIT PLAY IN CREATING AND HEALING ILLNESS. WHEN YOUR BODY TALKS, LISTEN! WILL TEACH YOU HOW TO PROTECT YOURSELF FROM STRESS-RELATED DISORDERS, AND THE DETRIMENTAL SHORT AND LONG-TERM EFFECTS FROM THEM.

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SUMMARY GIULIA ENDERS' GUT ANT HIVE MEDIA
2016-12-01 THIS IS A SUMMARY OF GIULIA ENDERS'
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CONNECTIONS ARE BETWEEN US, OUR FOOD, OUR PETS AND
THE MICROSCOPIC WORLD IN, ON, AND AROUND US. WE ARE
GRADUALLY DECODING PROCESSES THAT WE USED TO BELIEVE
WERE PART OF OUR INESCAPABLE DESTINY." AVAILABLE IN A
VARIETY OF FORMATS, THIS SUMMARY IS AIMED FOR THOSE
WHO WANT TO CAPTURE THE GIST OF THE BOOK BUT DON'T
HAVE THE CURRENT TIME TO DEVOUR ALL 282 PAGES. YOU
GET THE MAIN SUMMARY ALONG WITH ALL OF THE BENEFITS
AND LESSONS THE ACTUAL BOOK HAS TO OFFER. THIS
SUMMARY IS NOT INTENDED TO BE USED WITHOUT REFERENCE
TO THE ORIGINAL BOOK.

I CONTAIN MULTITUDES Ed Yong 2016-08-09 New York
TIMES BESTSELLER NEW YORK TIMES NOTABLE BOOK OF
2016 • NPR GREAT READ OF 2016 • NAMED A BEST BOOK
OF 2016 BY THE ECONOMIST, SMITHSONIAN, NPR'S SCIENCE
FRIDAY, MPR, MINNESOTA STAR TRIBUNE, KIRKUS REVIEWS,
PUBLISHERS WEEKLY, THE GUARDIAN, TIMES (LONDON) FROM
PULITZER PRIZE WINNER ED YONG, A GROUNDBREAKING,
WONDROUSLY INFORMATIVE, AND VASTLY ENTERTAINING
EXAMINATION OF THE MOST SIGNIFICANT REVOLUTION IN
BIOLOGY SINCE DARWIN—A "MICROBE'S-EYE VIEW" OF THE
WORLD THAT REVEALS A MARVELOUS, RADICALLY
RECONCEIVED PICTURE OF LIFE ON EARTH. EVERY ANIMAL,
WHETHER HUMAN, SQUID, OR WASP, IS HOME TO MILLIONS OF
BACTERIA AND OTHER MICROBES. PULITZER PRIZE-WINNING
AUTHOR ED YONG, WHOSE HUMOR IS AS EVIDENT AS HIS

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ERUDITION, PROMPTS US TO LOOK AT OURSELVES AND OUR ANIMAL COMPANIONS IN A NEW LIGHT—LESS AS INDIVIDUALS AND MORE AS THE INTERCONNECTED, INTERDEPENDENT MULTITUDES WE ASSUREDLY ARE. THE MICROBES IN OUR BODIES ARE PART OF OUR IMMUNE SYSTEMS AND PROTECT US FROM DISEASE. IN THE DEEP OCEANS, MYSTERIOUS CREATURES WITHOUT MOUTHS OR GUTS DEPEND ON MICROBES FOR ALL THEIR ENERGY. BACTERIA PROVIDE SQUID WITH INVISIBILITY CLOAKS, HELP BEETLES TO BRING DOWN FORESTS, AND ALLOW WORMS TO CAUSE DISEASES THAT AFFLICT MILLIONS OF PEOPLE. MANY PEOPLE THINK OF MICROBES AS GERMS TO BE ERADICATED, BUT THOSE THAT LIVE WITH US—THE MICROBIOME—BUILD OUR BODIES, PROTECT OUR HEALTH, SHAPE OUR IDENTITIES, AND GRANT US INCREDIBLE ABILITIES. IN THIS ASTONISHING BOOK, ED YONG TAKES US ON A GRAND TOUR THROUGH OUR MICROBIAL PARTNERS, AND INTRODUCES US TO THE SCIENTISTS ON THE FRONT LINES OF DISCOVERY. IT WILL CHANGE BOTH OUR VIEW OF NATURE AND OUR SENSE OF WHERE WE BELONG IN IT.

THE GUT-IMMUNE CONNECTION EMERAN MAYER
2021-06-08 FROM ONE OF TODAY'S LEADING EXPERTS ON THE EMERGING SCIENCE OF THE MICROBIOME COMES A GROUND-BREAKING BOOK THAT OFFERS, FOR THE FIRST TIME, EVIDENCE THAT THE GUT-MICROBIOME PLAYS A PIVOTAL ROLE IN THE HEALTH CRISES OF THE TWENTY-FIRST CENTURY. IN HIS ACCLAIMED BOOK, THE MIND-GUT CONNECTION, PHYSICIAN,

UCLA PROFESSOR, AND RESEARCHER DR. EMERAN MAYER OFFERED GROUNDBREAKING EVIDENCE OF THE CRITICAL ROLE OF THE MICROBIOME IN NEUROLOGICAL AND COGNITIVE HEALTH, PROVING ONCE AND FOR ALL THE POWER AND LEGITIMACY OF THE “MIND-BODY CONNECTION.” NOW, IN THE GUT-IMMUNE CONNECTION, DR. MAYER PROPOSES AN EVEN MORE RADICAL PARADIGM SHIFT: THAT THE GUT MICROBIOME IS AT THE CENTER OF VIRTUALLY EVERY DISEASE THAT DEFINES OUR 21ST-CENTURY PUBLIC HEALTH CRISIS. CUTTING-EDGE RESEARCH CONTINUES TO ADVANCE OUR UNDERSTANDING OF THE FUNCTION AND IMPACT OF THE BILLIONS OF ORGANISMS THAT LIVE IN THE GI TRACT, AND IN DR. MAYER'S OWN RESEARCH, HE HAS AMASSED EVIDENCE THAT THE “CONVERSATION” THAT TAKES PLACE BETWEEN THESE MICROBES AND OUR VARIOUS ORGANS AND BODILY SYSTEMS IS CRITICAL TO HUMAN HEALTH. WHEN THAT CONVERSATION GOES AWRY, WE SUFFER, OFTEN BECOMING SERIOUSLY ILL. COMBINING CLINICAL EXPERIENCE WITH UP-TO-THE-MINUTE SCIENCE, THE GUT-IMMUNE CONNECTION OFFERS A COMPREHENSIVE LOOK AT THE LINK BETWEEN ALTERATIONS TO THE GUT MICROBIOME AND THE DEVELOPMENT CHRONIC DISEASES LIKE DIABETES, HEART DISEASE, AND CANCER, AS WELL AS SUSCEPTIBILITY TO INFECTIOUS DISEASES LIKE COVID-19. DR. MAYER ARGUES THAT IT'S ESSENTIAL WE UNDERSTAND THE PROFOUND AND FAR-REACHING EFFECTS OF GUT HEALTH AND OFFERS CLEAR-CUT STRATEGIES TO REVERSE

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THE STEADY UPWARD RISE OF THESE ILLNESSES, INCLUDING A MODEL FOR NUTRITION TO SUPPORT THE MICROBIOME. BUT TIME IS RUNNING OUT: A PLAGUE OF ANTIMICROBIAL RESISTANCE IS ONLY A FEW DECADES AWAY IF WE DON'T MAKE CRITICAL CHANGES TO OUR FOOD SUPPLY, INCLUDING RETURNING TO SUSTAINABLE PRACTICES THAT MAINTAIN THE MICROBIAL DIVERSITY OF THE SOIL. TO TURN THE TIDE OF CHRONIC AND INFECTIOUS DISEASE TOMORROW, WE MUST SHIFT THE WAY WE LIVE TODAY.

GIULIA ENDERS' GUT Ant Hive Media 2016-02-17 THIS IS A SUMMARY OF THE BOOK, GUT: GIULIA ENDERS PROVIDES A COMPLETE GUIDE TO THE LATEST ADVANCES SCIENCE HAS MADE IN TERMS OF OUR DIGESTIVE SYSTEM. THE WHOLE DIGESTIVE PROCESS, FROM THE TIME THE FOOD ENTERS YOUR MOUTH TO WHEN IT IS FINALLY DIGESTED, IS COVERED. ENDERS BEGINS WITH AN INTRODUCTION TO THE SYSTEM'S OVERALL STRUCTURE AND GOES ON TO EXPLAIN WHAT ROLE EACH PART OF THE SYSTEM PLAYS AND HOW EACH PART INTERACTS WITH THE OTHERS IN ORDER TO PROMOTE EFFECTIVE DIGESTION. SHE STARTS WITH THE LINGUAL TONSIL AND MOVES ALL THE WAY DOWN TO THE GLYCOCALYX, EXPLAINING WHAT CAN GO WRONG, HOW TO IDENTIFY WHEN SOMETHING IS WRONG AND WHAT TREATMENTS MIGHT POTENTIALLY BE EXPLORED. THIS RUNS THE GAMUT OF DISORDERS FROM THE VERY SIMPLE, SUCH AS MOTION SICKNESS, TO THE MORE COMPLEX, SUCH AS AN IMBALANCE IN

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THE INTESTINAL BACTERIA. ABOUT THE AUTHOR ANT HIVE MEDIA READS EVERY CHAPTER, EXTRACTS THE UNDERSTANDING AND LEAVES YOU WITH A NEW PERSPECTIVE AND TIME TO SPARE. WE DO THE WORK SO YOU CAN UNDERSTAND THE BOOK IN MINUTES, NOT HOURS.

EAT TO BEAT DISEASE WILLIAM W LI 2019-03-19 EAT YOUR WAY TO BETTER HEALTH WITH THIS NEW YORK TIMES BESTSELLER ON FOOD'S ABILITY TO HELP THE BODY HEAL ITSELF FROM CANCER, DEMENTIA, AND DOZENS OF OTHER AVOIDABLE DISEASES. FORGET EVERYTHING YOU THINK YOU KNOW ABOUT YOUR BODY AND FOOD, AND DISCOVER THE NEW SCIENCE OF HOW THE BODY HEALS ITSELF. LEARN HOW TO IDENTIFY THE STRATEGIES AND DOSAGES FOR USING FOOD TO TRANSFORM YOUR RESILIENCE AND HEALTH IN EAT TO BEAT DISEASE. WE HAVE RADICALLY UNDERESTIMATED OUR BODY'S POWER TO TRANSFORM AND RESTORE OUR HEALTH. PIONEERING PHYSICIAN SCIENTIST, DR. WILLIAM LI, EMPOWERS READERS BY SHOWING THEM THE EVIDENCE BEHIND OVER 200 HEALTH-BOOSTING FOODS THAT CAN STARVE CANCER, REDUCE YOUR RISK OF DEMENTIA, AND BEAT DOZENS OF AVOIDABLE DISEASES. EAT TO BEAT DISEASE ISN'T ABOUT WHAT FOODS TO AVOID, BUT RATHER IS A LIFE-CHANGING GUIDE TO THE HUNDREDS OF HEALING FOODS TO ADD TO YOUR MEALS THAT SUPPORT THE BODY'S DEFENSE SYSTEMS, INCLUDING: PLUMS CINNAMON JASMINE TEA RED WINE AND BEER BLACK BEANS SAN MARZANO TOMATOES OLIVE OIL PACIFIC

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OYSTERS CHEESES LIKE JARLSBERG, CAMEMBERT AND CHEDDAR SOURDOUGH BREAD THE BOOK'S PLAN SHOWS YOU HOW TO INTEGRATE THE FOODS YOU ALREADY LOVE INTO ANY DIET OR HEALTH PLAN TO ACTIVATE YOUR BODY'S HEALTH DEFENSE SYSTEMS- ANGIOGENESIS, REGENERATION, MICROBIOME, DNA PROTECTION, AND IMMUNITY- TO FIGHT CANCER, DIABETES, CARDIOVASCULAR, NEURODEGENERATIVE AUTOIMMUNE DISEASES, AND OTHER DEBILITATING CONDITIONS. BOTH INFORMATIVE AND PRACTICAL, EAT TO BEAT DISEASE EXPLAINS THE SCIENCE OF HEALING AND PREVENTION, THE STRATEGIES FOR USING FOOD TO ACTIVELY TRANSFORM HEALTH, AND POINTS THE SCIENCE OF WELLBEING AND DISEASE PREVENTION IN AN EXHILARATING NEW DIRECTION.

Be Good to Your Gut Eve Kalinik 2017-09-07 NAMED ONE OF VOGUE'S 'BEST NEW HEALTHY COOKBOOKS'! NAMED 'BEST BOOK FOR IMPROVING GUT HEALTH' IN HEALTHISTA.COM'S 13 BEST HEALTHY COOKBOOKS OF THE YEAR! 'EACH PAGE Oozes wisdom and insight, mirrored with realistic tips and advice on nurturing your digestive health' GET THE GLOSS 'THE MOST RELEVANT AND PROVOCATIVE NUTRITIONIST I'VE EVER MET' NICK BARNARD, FOUNDER OF RUDE HEALTH 'IN A WORLD OF FOOD FADS, EVE'S APPROACH IS GROUNDED, SENSIBLE AND DO-ABLE' SUZY GREAVES, EDITOR, PSYCHOLOGIES 'EVE IS SMART AND PRACTICAL; HER ADVICE IS SPOT ON AND HER RECIPES ARE DISTINCTIVE AND EASY TO MAKE' IAN MARBER, NUTRITIONAL

THERAPIST AND AUTHOR 'EACH CHAPTER LEAVES YOU FEELING ENLIGHTENED AND FIRED UP TO MAKE REAL CHANGE' HEALTHISTA.COM IN BE GOOD TO YOUR GUT, NUTRITIONAL THERAPIST EVE KALINIK SHOWS YOU THE PATH TO BETTER DIGESTION AND REVEALS THE FAR-REACHING EFFECTS OF GOOD GUT HEALTH - FROM A STRONGER IMMUNE SYSTEM AND BALANCED HORMONES TO A GREATER RESILIENCE TO STRESS AND REDUCED INFLAMMATION. THE REAL WORK ON GETTING YOUR GUT TO BE AS HEALTHY AND HAPPY AS IT CAN BE STARTS WITH WHAT YOU FEED IT. EVE'S ADVICE IS COMPLEMENTED WITH OVER EIGHTY ENTICING, NOURISHING RECIPES YOU'LL WANT TO EAT OVER AND OVER AGAIN, INCLUDING MISO COD WITH WASABI BROCCOLI, CHOCOLATE CHIA FUDGY PANCAKES, MATCHA BANANA BREAD, TURMERIC CHICKEN WITH LAKSA ZOODLES, AMANDINO ICE CREAM AND HAPPY COW BURGERS. IF YOU SIMPLY WANT TO IMPROVE YOUR GUT HEALTH AND OVERALL WELLBEING BUT DON'T KNOW WHERE TO START, OR YOU ARE LOOKING FOR FURTHER INSIGHT INTO DIGESTIVE CONDITIONS SUCH AS IBS, THE ADVICE IN BE GOOD TO YOUR GUT WILL HELP YOU FEEL FANTASTIC, AND PROVES THAT BEING GOOD TO YOUR GUT IS GREAT FOR YOUR TASTE BUDS, TOO.

THE STORY OF OUR FOOD K.T. ACHAYA 2003-11 THIS BOOK OUTLINES THE VARIETY OF CUISINES, FOOD MATERIALS AND DISHES THAT COLLECTIVELY FORM INDIAN FOOD . IT DRAWS UPON A RANGE OF SOURCES LITERATURE,

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ARCHEOLOGY, EPIGRAPHIC RECORDS, ANTHROPOLOGY, PHILOLOGY, BOTANICAL AND GENETICAL STUDIES TO TRACE THE HISTORY OF INDIAN FOOD: CLASSIFICATION, CUSTOMS, RITUALS AND BELIEFS, INCLUDING THE ETYMOLOGY OF FOOD TERMS. IT SHOWS HOW OUR WONDERFUL INDIAN CUISINE, WITH ALL ITS REGIONAL VARIANTS, IS THE OUTCOME OF FOOD PLANTS BROUGHT INTO INDIA FROM NUMEROUS DIRECTIONS OVER THOUSANDS OF YEARS. AND OF A SOCIAL ETHIC IN WHICH CLEANLINESS WAS INDEED NEXT TO GODLINESS.

YOGA THERAPY FOR DIGESTIVE HEALTH CHARLOTTE WATTS 2018-08-21 DIGESTIVE ISSUES ARE WIDESPREAD AND PROVE DIFFICULT TO ADDRESS THROUGH MAINSTREAM MEDICINE. SENIOR YOGA TEACHER CHARLOTTE WATTS SHEDS LIGHT ON THE CONNECTION BETWEEN THE GUT AND THE BRAIN, EXPLAINS THE LINKS BETWEEN STRESS, TRAUMA AND DIGESTIVE ISSUES AND DEMONSTRATES HOW YOGA WITH ITS FOCUS ON STILLING THE MIND CAN HAVE PROFOUND EFFECTS ON CONDITIONS SUCH AS IBS, IBD, ACID REFLUX, COLITIS, DIVERTICULITIS AND MORE. BREATH AWARENESS ALLOWS THE BREATH TO DROP INTO THE BELLY AND DIAPHRAGM, ESSENTIAL FOR GOOD DIGESTIVE FUNCTION AND UNDERSTANDING THE FASCIAL CONNECTIONS WITHIN THE VISCERA HELP SHAPE MOVEMENT THAT ENABLES OPTIMAL FUNCTION. FULLY ILLUSTRATED WITH CLEAR DIAGRAMS AND INSTRUCTIONS, THIS VOLUME PROVIDES YOGA, MOVEMENT AND MEDICAL

PROFESSIONALS WITH A SOLID UNDERSTANDING OF THE DIGESTIVE SYSTEM IN RELATION TO BREATH, MINDFULNESS, POSTURE, ANATOMY, MOVEMENT, STRESS AND TRAUMA. IT HELPS THEM TO APPLY THIS KNOWLEDGE TO THEIR PRACTICE AND TEACHING APPROACH.

GUT GIULIA ENDERS 2018-02-17 IN THIS UPDATED EDITION OF A WORLDWIDE BESTSELLER, GIULIA ENDERS REVEALS THE SECRETS AND SCIENCE OF THE DIGESTIVE SYSTEM—INCLUDING NEW RESEARCH ON THE CONNECTION BETWEEN THE GUT AND THE BRAIN. FOR TOO LONG, THE GUT HAS BEEN THE BODY'S MOST IGNORED AND LEAST APPRECIATED ORGAN. BUT IT DOES MORE THAN JUST DIRTY WORK; OUR GUT IS AT THE CORE OF WHO WE ARE. WITH QUIRKY CHARM, SCIENCE STAR AND MEDICAL DOCTOR GIULIA ENDERS EXPLAINS THE GUT'S MAGIC, ANSWERING QUESTIONS LIKE: WHY DOES ACID REFLUX HAPPEN? WHAT'S REALLY UP WITH GLUTEN AND LACTOSE INTOLERANCE? HOW DOES THE GUT AFFECT OBESITY AND MOOD? A NEW SECTION ON THE BRAIN-GUT AXIS DIVES INTO GROUNDBREAKING DISCOVERIES OF PSYCHOBIOLOGICS – MICROBES WITH PSYCHOLOGICAL EFFECTS THAT CAN INFLUENCE CONDITIONS LIKE DEPRESSION AND EVEN STRESS. AIDED WITH CHEERFUL ILLUSTRATIONS BY ENDERS'S SISTER JILL, THIS BEGUILING MANIFESTO WILL MAKE YOU FINALLY LISTEN TO THOSE BUTTERFLIES IN YOUR STOMACH: THEY'RE TRYING TO TELL YOU SOMETHING IMPORTANT.

GUT GARDEN KATIE BROSNAN 2020-05-16 A VISUAL
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EXPLORATION OF THE UNIVERSE THAT EXISTS WITHIN OUR OWN BODIES. WITHIN OUR BODIES HIDES AN ENTIRE WORLD OF ORGANISMS CALLED MICROBES. THEY BOOST OUR IMMUNE SYSTEMS, DIGEST OUR FOOD, REGULATE OUR METABOLISM AND EVEN IMPACT ON OUR MENTAL HEALTH. THROUGH KATIE BROSNAN'S PERSONABLE ILLUSTRATIONS, WE FOLLOW THE DIGESTIVE PROCESS FROM THE MOMENT THE FOOD ENTERS OUR MOUTHS TO THE MOMENT WASTE LEAVES OUR BODIES. ALONG THE WAY WE LEARN ABOUT THIS FASCINATING SCIENTIFIC FRONTIER AND GAIN AN INSIGHT INTO THE VAST ECOSYSTEM THAT EXISTS INSIDE US.

GUT GIULIA ENDERS 2015-05-07 WINNER OF THE 2016 AUSTRALIAN BOOK INDUSTRY AWARDS, INTERNATIONAL BOOK OF THE YEAR SHORTLISTED FOR THE 2016 BRITISH BOOK INDUSTRY AWARDS, NON-FICTION BOOK OF THE YEAR LONGLISTED FOR THE 2015 GOODREADS CHOICE AWARDS 'BEST SCIENCE & TECHNOLOGY BOOK' A SUNDAY TIMES BESTSELLER THE KEY TO LIVING A HAPPIER, HEALTHIER LIFE IS INSIDE US. OUR GUT IS ALMOST AS IMPORTANT TO US AS OUR BRAIN OR OUR HEART, YET WE KNOW VERY LITTLE ABOUT HOW IT WORKS. IN GUT, GIULIA ENDERS SHOWS THAT RATHER THAN THE UTILITARIAN AND — LET'S BE HONEST — SOMEWHAT EMBARRASSING BODY PART WE IMAGINE IT TO BE, IT IS ONE OF THE MOST COMPLEX, IMPORTANT, AND EVEN MIRACULOUS PARTS OF OUR

ANATOMY. AND SCIENTISTS ARE ONLY JUST DISCOVERING QUITE HOW MUCH IT HAS TO OFFER; NEW RESEARCH SHOWS THAT GUT BACTERIA CAN PLAY A ROLE IN EVERYTHING FROM OBESITY AND ALLERGIES TO ALZHEIMER'S. BEGINNING WITH THE PERSONAL EXPERIENCE OF ILLNESS THAT INSPIRED HER RESEARCH, AND GOING ON TO EXPLAIN EVERYTHING FROM THE BASICS OF NUTRIENT ABSORPTION TO THE LATEST SCIENCE LINKING BOWEL BACTERIA WITH DEPRESSION, ENDERS HAS WRITTEN AN ENTERTAINING, INFORMATIVE HEALTH HANDBOOK. GUT DEFINITELY SHOWS THAT WE CAN ALL BENEFIT FROM GETTING TO KNOW THE WONDROUS WORLD OF OUR INNER WORKINGS. IN THIS CHARMING BOOK, YOUNG SCIENTIST GIULIA ENDERS TAKES US ON A FASCINATING TOUR OF OUR INSIDES. HER MESSAGE IS SIMPLE — IF WE TREAT OUR GUT WELL, IT WILL TREAT US WELL IN RETURN. BUT HOW DO WE DO THAT? AND WHY DO WE NEED TO? FIND OUT IN THIS SURPRISING, AND SURPRISINGLY FUNNY, EXPLORATION OF THE LEAST UNDERSTOOD OF OUR ORGANS. PRAISE FOR GIULIA ENDERS 'A PUBLISHING SENSATION THAT ... SETS OUT TO FREE TOILET TALK FROM ITS TABOO' THE TIMES 'ENDERS' GUT MANIFESTO CALLS ON ITS READERS TO CELEBRATE THEIR LOWER BODIES' ACHIEVEMENTS, RATHER THAN APOLOGISE FOR THEM' THE GUARDIAN

HUMAN ANATOMY COLORING BOOK MICHAEL D. CLARK
2016-09-19 AN EASIER AND BETTER WAY TO LEARN ANATOMY. THE HUMAN BODY IS WONDROUSLY COMPLEX,

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WITH 700 MUSCLES, 206 BONES, AND COUNTLESS CELLS AND TISSUES ... BUT STUDYING AND REMEMBERING ALL OF THEM CAN BE OVERWHELMING! INSTEAD OF ROTE MEMORIZATION, THE ANATOMY COLORING BOOK HELPS YOU TAKE AN INTERACTIVE APPROACH TO LEARNING ANATOMY THROUGH COLORING. NOT ONLY CAN THIS TAKE LESS TIME THAN MEMORIZING FROM TEXTBOOKS AND FLASHCARDS, BUT THE PROCESS THOROUGHLY FIXES ANATOMICAL CONCEPTS IN YOUR MIND FOR EASIER VISUAL RECALL LATER.

CLEAN GUT ALEJANDRO JUNGER 2013-04-30 IN *CLEAN GUT*, ALEJANDRO JUNGER, M.D, NEW YORK TIMES BESTSELLING AUTHOR OF *CLEAN* AND CREATOR OF THE WORLD-FAMOUS *CLEAN* PROGRAM, DELIVERS A COMPLETE TOOLKIT FOR REVERSING DISEASE AND SUSTAINING LIFE-LONG HEALTH. ALL OF TODAY'S MOST-DIAGNOSED AILMENTS CAN BE TRACED BACK TO AN INJURED AND IRRITATED GUT. THE GUT IS AN INTRICATE AND POWERFUL SYSTEM, NATURALLY DESIGNED TO PROTECT AND HEAL THE BODY EVERY MOMENT OF EVERY DAY AND YET FOR FAR TOO MANY OF US, THIS REMARKABLE SYSTEM IS IN DISREPAIR, WHICH LEADS TO ALL KINDS OF HEALTH PROBLEMS—FROM EXTRA POUNDS, ACHES AND PAINS, ALLERGIES, MOOD SWINGS, AND LACK OF LIBIDO, TO HEART DISEASE, CANCER, AUTOIMMUNE DISORDERS, INSOMNIA, AND DEPRESSION. BUT WE NO LONGER HAVE TO BE SICK TO GET HEALTHY. IN THIS GROUNDBREAKING PROGRAM, ALEJANDRO JUNGER, M.D. EXPLAINS HOW INSTEAD OF TREATING THE

SYMPTOMS AS THEY ARISE, WE CAN PREEMPTIVELY ATTACK DISEASE BEFORE IT TAKES ROOT IN THE GUT. NO MATTER YOUR CURRENT STATE OF HEALTH, YOU WILL BENEFIT FROM THIS PROGRAM: *CLEAN GUT* WILL HELP YOU PUT AN END TO EVERYDAY AILMENTS, REVERSE CHRONIC DISEASE, AND ACHIEVE TRUE, LONG-LASTING HEALTH.

FIBER FUELED WILL BULSIEWICZ, MD 2020-05-12 THE INSTANT NEW YORK TIMES, USA TODAY, AND PUBLISHER'S WEEKLY BESTSELLER *A BOLD NEW PLANT-BASED PLAN* THAT CHALLENGES POPULAR KETO AND PALEO DIETS, FROM AN AWARD-WINNING GASTROENTEROLOGIST. THE BENEFITS OF RESTRICTIVE DIETS LIKE PALEO AND KETO HAVE BEEN TOUTED FOR MORE THAN A DECADE, BUT AS RENOWNED GASTROENTEROLOGIST DR. WILL BULSIEWICZ, OR "DR. B," ILLUMINATES IN THIS GROUNDBREAKING BOOK, THE EXPLOSION OF STUDIES ON THE MICROBIOME MAKES IT ABUNDANTLY CLEAR THAT ELIMINATION DIETS ARE IN FACT HAZARDOUS TO OUR HEALTH. WHAT STUDIES CLEARLY NOW SHOW--AND WHAT DR. B PREACHES WITH HIS PATIENTS--IS THAT GUT HEALTH IS THE KEY TO BOOSTING OUR METABOLISM, BALANCING OUR HORMONES, AND TAMING THE INFLAMMATION THAT CAUSES A HOST OF DISEASES. AND THE SCIENTIFICALLY PROVEN WAY TO FUEL OUR GUTS IS WITH DIETARY FIBER FROM AN ABUNDANT VARIETY OF COLORFUL PLANTS. FORGET ABOUT THE FIBER YOUR GRANDMOTHER USED TO TAKE--THE CUTTING-EDGE SCIENCE ON FIBER IS INCREDIBLY EXCITING. AS

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DR. B EXPLAINS, FIBER ENERGIZES OUR GUT MICROBES TO CREATE POWERHOUSE POSTBIOTICS CALLED SHORT-CHAIN FATTY ACIDS (SCFAs) THAT ARE ESSENTIAL TO OUR HEALTH. SCFAs ARE SCIENTIFICALLY PROVEN TO PROMOTE WEIGHT LOSS, REPAIR LEAKY GUT, STRENGTHEN THE MICROBIOME, OPTIMIZE THE IMMUNE SYSTEM, REDUCE FOOD SENSITIVITIES, LOWER CHOLESTEROL, REVERSE TYPE 2 DIABETES, IMPROVE BRAIN FUNCTION, AND EVEN PREVENT CANCER. RESTRICTIVE FAD DIETS STARVE THE GUT OF THE CRITICAL FIBER WE NEED, WEAKEN THE MICROBES, AND MAKE OUR SYSTEM VULNERABLE. AS A FORMER JUNK-FOOD JUNKIE, DR. B KNOWS FIRSHAND THE POWER OF FIBER TO DRAMATICALLY TRANSFORM OUR HEALTH. THE GOOD NEWS IS THAT OUR GUTS CAN BE TRAINED. FIBER-RICH, REAL FOODS-- WITH FRUITS, VEGETABLES, WHOLE GRAINS, SEEDS, NUTS, AND LEGUMES--START WORKING QUICKLY AND MAINTAIN YOUR LONG-TERM HEALTH, PROMOTE WEIGHT LOSS, AND ALLOW YOU TO THRIVE AND FEEL GREAT FROM THE INSIDE OUT. WITH A 28-DAY JUMPSTART PROGRAM WITH MENUS AND MORE THAN 65 RECIPES, ALONG WITH ESSENTIAL ADVICE ON FOOD SENSITIVITIES, FIBER FUELED OFFERS THE BLUEPRINT TO START TURBOCHARGING YOUR GUT FOR LIFELONG HEALTH TODAY.

KEY TAKEAWAYS, ANALYSIS AND REVIEW OF GIULIA ENDERS' GUT EUREKA EUREKA BOOKS 2015-07-09 GUT BY GIULIA ENDERS | KEY TAKEAWAYS, ANALYSIS & REVIEW GUT BY GIULIA ENDERS IS A THOROUGH INTRODUCTION TO THE MOST

RECENT SCIENTIFIC DISCOVERIES AND THEORIES ABOUT WHAT HAPPENS IN THE HUMAN BODY'S DIGESTIVE SYSTEM, FROM INGESTION TO DIGESTION. STARTING WITH THE BASIC STRUCTURE OF THE SYSTEM, ENDERS EXPLAINS THE FUNCTION OF EACH DIGESTIVE SYSTEM PART FROM THE LINGUAL TONSILS TO THE GLYCOCALYX AND HOW EACH RELIES ON THE OTHERS. THE WAYS IN WHICH THESE PARTS CAN MALFUNCTION IS ALSO EXPLAINED WITH SYMPTOMS AS WELL AS TREATMENTS, BOTH NEW AND OLD. DISORDERS, SUCH AS ACID REFLUX, CAR-SICKNESS, AND BACTERIAL OVERGROWTH, ARE DESCRIBED IN DETAIL AS WELL AS WHY THEIR TREATMENTS WORK... THIS COMPANION TO GUT INCLUDES: OVERVIEW OF THE BOOK IMPORTANT PEOPLE KEY TAKEAWAYS ANALYSIS OF KEY TAKEAWAYS AND MUCH MORE!

GUT CHECK CHRISTINE M. KACZMAR 2018-11-23 WHETHER YOU ARE EXPERIENCING PAINFUL GAS, BLOATING, CONSTIPATION OR DIARRHEA, LOOK WELL TO THE GUT AS THE SOURCE OF YOUR PROBLEM. UNDIGESTED FOOD IS THE MOST OVERLOOKED SOURCE OF ENERGY DEFICIENCY AND FATIGUE. DR. CHRISTINE, THE DIGESTION DOC, UNCOVERS THE NATURAL WAY TO A HEALTHY DIGESTION.

HEALTHY GUT, HEALTHY YOU MICHAEL RUSCIO 2018-02-06 THOUSANDS OF YEARS AGO, HIPPOCRATES SAID THAT ALL DISEASE BEGINS IN THE GUT. SCIENTIFIC RESEARCH HAS PROVEN THIS IDEA TO BE TRUE. IN *HEALTHY GUT, HEALTHY YOU*, CLINICIAN AND RESEARCHER DR. MICHAEL

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RUSCIO SHOWS HOW MODERN LIFESTYLE CHANGES AND THE WIDESPREAD USE OF ANTIBIOTICS HAVE MADE OUR GUTS MORE VULNERABLE THAN EVER BEFORE.

THE HEALING POWER OF FOOD AND DIET - CURING YOURSELF THROUGH ANCIENT DIETARY PRACTICES DUEEP JYOT SINGH

2017-08-07 TABLE OF CONTENTS INTRODUCTION WHY YOU SHOULD NEVER "DIET!" ONE FOOD FOODS WHICH "OPPOSE" EACH OTHER FOODS THAT COMPLEMENT EACH OTHER THE NECESSITY OF FAT IN YOUR DIET THE MYTH OF CALORIES CONCLUSION AUTHOR BIO PUBLISHER

INTRODUCTION I DECIDED TO WRITE THIS BOOK WHEN I SAW A NUMBER OF MY FRIENDS FOLLOWING FATTY DIETS WITH NO PROTEINS, LOW CALORIES, NO CARBOHYDRATES OR ANYTHING ELSE BEING PROMOTED BY ANY SORT OF PERSON WHO CALLED HIMSELF A DIETITIAN AND HAD GOOD PR BEHIND HIM. AND I BEGAN TO THINK. IF THESE PEOPLE WERE PUT IN SITUATIONS WHEN THEY COULD NOT GET FOOD TO EAT, AND HAD TO SURVIVE WITH THEIR BODY STARVING, THEY WOULD NOT TREAT FOOD WITH SUCH CASUAL CONTEMPT. HOWEVER, THEY WERE STARVING THEIR BODIES OF ESSENTIAL NUTRIENTS OUT OF SHEER IGNORANCE. THEY WANTED TO GET THIN. MANY OF THEM WERE GENETICALLY PROGRAMMED TOWARDS OBESITY. OTHERS BEGAN GAINING WEIGHT DUE TO THE BODY REACHING A STAGE WHEN IT WAS IN SUCH A DESPERATE CONDITION THAT MALNUTRITION HAD SET IN. AND THAT IS WHY IT WAS PUTTING ON WEIGHT AS A LAST RESORT IN

ORDER TO PROTECT THE BODY FROM ANY SORT OF FUTURE STARVATION. THIS BOOK IS GOING TO TELL YOU ALL ABOUT ANCIENT FOOD EATING PRACTICES FOLLOWED BY THE WISE MEN OF YORE. IF YOU SAY, I CANNOT DO WITHOUT MY POTATO CHIPS, OR MY SUGAR FIX, WELL, YOU ARE NOT READY TO LIVE A LIFESTYLE WHICH WERE FOLLOWED BY OUR ANCESTORS ALL OVER THE WORLD, MILLENNIUMS AGO. THEY ATE NOURISHING FOOD. AND THEY WERE THANKFUL FOR WHAT THEY GOT. THEY DID NOT BOTHER MUCH ABOUT SILLY NEWFANGLED IDEAS ABOUT CALORIES AND IN THE AMOUNTS OF CALORIES REQUIRED TO KEEP YOU HEALTHY AND STRONG. THIS OF COURSE IS A FALLACY AND IS A SILLY MYTH, WHICH I AM GOING TO EXPLAIN TO YOU LATER ON, BUT AT THE MOMENT I AM GOING TO TELL YOU MORE ABOUT HOW FOODS WERE USED TO HEAL A NUMBER OF DISEASES DOWN THE AGES, AND NATURALLY.

10% HUMAN ALANNA COLLEN 2015-05-05 NOW IN PAPERBACK, EVOLUTIONARY BIOLOGIST AND SCIENCE WRITER ALANNA COLLEN'S STUNNING ALARM CALL CONCERNING THE WIDELY-IGNORED ROLE OUR GUT MICROBES PLAY IN OUR HEALTH AND WELL-BEING. "FASCINATING.... EVERYTHING YOU WANTED TO KNOW ABOUT MICROBES BUT WERE AFRAID TO ASK."— KIRKUS REVIEWS (STARRED REVIEW) YOU ARE JUST 10% HUMAN. FOR EVERY ONE OF THE CELLS THAT MAKE UP THE VESSEL THAT YOU CALL YOUR BODY, THERE ARE NINE IMPOSTOR CELLS HITCHING A RIDE. YOU ARE NOT JUST FLESH

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AND BLOOD, MUSCLE AND BONE, BRAIN AND SKIN, BUT ALSO BACTERIA AND FUNGI. OVER YOUR LIFETIME, YOU WILL CARRY THE EQUIVALENT WEIGHT OF FIVE AFRICAN ELEPHANTS IN MICROBES. YOU ARE NOT AN INDIVIDUAL BUT A COLONY. UNTIL RECENTLY, WE HAD THOUGHT OUR MICROBES HARDLY MATTERED, BUT SCIENCE IS REVEALING A DIFFERENT STORY, ONE IN WHICH MICROBES RUN OUR BODIES AND BECOMING A HEALTHY HUMAN IS IMPOSSIBLE WITHOUT THEM. IN THIS RIVETING, SHOCKING, AND BEAUTIFULLY WRITTEN BOOK, BIOLOGIST ALANNA COLLEN DRAWS ON THE LATEST SCIENTIFIC RESEARCH TO SHOW HOW OUR PERSONAL COLONY OF MICROBES INFLUENCES OUR WEIGHT, OUR IMMUNE SYSTEM, OUR MENTAL HEALTH, AND EVEN OUR CHOICE OF PARTNER. SHE ARGUES THAT SO MANY OF OUR MODERN DISEASES—OBESITY, AUTISM, MENTAL ILLNESS, DIGESTIVE DISORDERS, ALLERGIES, AUTOIMMUNITY AFFLICTIONS, AND EVEN CANCER—HAVE THEIR ROOT IN OUR FAILURE TO CHERISH OUR MOST FUNDAMENTAL AND ENDURING RELATIONSHIP: THAT WITH OUR PERSONAL COLONY OF MICROBES. THE GOOD NEWS IS THAT UNLIKE OUR HUMAN CELLS, WE CAN CHANGE OUR MICROBES FOR THE BETTER. COLLEN'S BOOK IS A REVELATORY AND INDISPENSABLE GUIDE. LIFE—AND YOUR BODY—WILL NEVER SEEM THE SAME AGAIN.

GUT GIULIA ENDERS 2018-02-17 IN THIS UPDATED EDITION OF A WORLDWIDE BESTSELLER, GIULIA ENDERS REVEALS THE SECRETS AND SCIENCE OF THE DIGESTIVE SYSTEM--INCLUDING

NEW RESEARCH ON THE CONNECTION BETWEEN THE GUT AND THE BRAIN. FOR TOO LONG, THE GUT HAS BEEN THE BODY'S MOST IGNORED AND LEAST APPRECIATED ORGAN. BUT IT DOES MORE THAN JUST DIRTY WORK; OUR GUT IS AT THE CORE OF WHO WE ARE. WITH QUIRKY CHARM, SCIENCE STAR AND MEDICAL DOCTOR GIULIA ENDERS EXPLAINS THE GUT'S MAGIC, ANSWERING QUESTIONS LIKE: WHY DOES ACID REFLUX HAPPEN? WHAT'S REALLY UP WITH GLUTEN AND LACTOSE INTOLERANCE? HOW DOES THE GUT AFFECT OBESITY AND MOOD? A NEW SECTION ON THE BRAIN-GUT AXIS DIVES INTO GROUNDBREAKING DISCOVERIES OF PSYCHBIOTICS - MICROBES WITH PSYCHOLOGICAL EFFECTS THAT CAN INFLUENCE CONDITIONS LIKE DEPRESSION AND EVEN STRESS. AIDED WITH CHEERFUL ILLUSTRATIONS BY ENDERS'S SISTER JILL, THIS BEGUILING MANIFESTO WILL MAKE YOU FINALLY LISTEN TO THOSE BUTTERFLIES IN YOUR STOMACH: THEY'RE TRYING TO TELL YOU SOMETHING IMPORTANT.

THE PSYCHBIOTIC REVOLUTION SCOTT C. ANDERSON
2017-11-07 WRITTEN BY THE LEADING RESEARCHERS IN THE FIELD, THIS INFORMATION-RICH GUIDE TO IMPROVING YOUR MOOD EXPLAINS HOW GUT HEALTH DRIVES PSYCHOLOGICAL WELL-BEING, AND HOW DEPRESSION AND ANXIETY CAN BE RELIEVED BY ADJUSTING YOUR INTESTINAL BACTERIA. THIS GROUNDBREAKING BOOK EXPLAINS THE REVOLUTIONARY NEW SCIENCE OF PSYCHBIOTICS AND THE DISCOVERY THAT YOUR BRAIN HEALTH AND STATE OF MIND ARE INTIMATELY

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CONNECTED TO YOUR MICROBIOME, THAT FOUR-POUND POPULATION OF MICROBES LIVING INSIDE YOUR INTESTINES. LEADING MEDICAL RESEARCHERS JOHN F. CRYAN AND TED DINAN, WORKING WITH VETERAN JOURNALIST SCOTT C. ANDERSON, EXPLAIN HOW COMMON MENTAL HEALTH PROBLEMS, PARTICULARLY DEPRESSION AND ANXIETY, CAN BE IMPROVED BY CARING FOR THE INTESTINAL MICROBIOME. SCIENCE IS PROVING THAT A HEALTHY GUT MEANS A HEALTHY MIND—AND THIS BOOK DETAILS THE STEPS YOU CAN TAKE TO CHANGE YOUR MOOD AND IMPROVE YOUR LIFE BY NURTURING YOUR MICROBIOME.

KEY TAKEAWAYS, ANALYSIS & REVIEW OF GUT BY GIULIA ENDERS 2015

THE WHOLE-BODY MICROBIOME B. BRETT FINLAY 2019-01-22 FROM A MICROBIOLOGIST AND GERONTOLOGIST, “SCIENTIFICALLY ACCURATE CONSUMER HEALTH INFORMATION ON THE MICROBIOME’S RELATIONSHIP TO ADULT HEALTH AND AGING.”—LIBRARY JOURNAL SCIENCE HAS ALLOWED US TO PROLONG AND IMPROVE LIFE IN ASTONISHING WAYS, OFTEN BY FENDING OFF GERMS AND OTHER INVISIBLE FOES. BUT THERE’S NO “IMMUNITY” TO THE INEVITABLE SIGNS OF AGING...OR IS THERE? IN *THE WHOLE-BODY MICROBIOME*, THE FATHER-DAUGHTER TEAM OF DR. BRETT FINLAY, A MICROBIOLOGIST, AND DR. JESSICA FINLAY, A SPECIALIST ON AGING, OFFERS A DIFFERENT—AND TRULY REVOLUTIONARY—TAKE ON THE QUEST FOR THE FOUNTAIN

OF YOUTH. WHILE MUCH HAS BEEN WRITTEN ABOUT BACTERIA IN THE GUT, EXCITING NEW RESEARCH SHOWS THAT THERE ARE MILLIONS OF MICROBES BOTH INSIDE OUR BODIES—SUPPORTING OUR BRAIN, TEETH, HEART, LUNGS, BONES, IMMUNE SYSTEM, AND MORE—AND ON OUR BODIES, COMING FROM THE AIR WE BREATHE AND THE THINGS WE TOUCH ALL DAY LONG: CELL PHONES AND KITCHEN SPONGES, PETS AND DOORKNOBS, AND EVEN OTHER HUMANS. THESE MICROBIAL “LIFELONG COMPANIONS” HAVE AN IMMENSE IMPACT ON OUR DAILY HEALTH—AND, AS GROUNDBREAKING RESEARCH IS SHOWING, THEY HAVE THE POTENTIAL TO HELP PREVENT AND REVERSE THE MOST COMMON AGE-RELATED DISEASES. THIS EYE-OPENING NEW TAKE ON THE SIGNIFICANCE OF THE MICROBIOME OFFERS EMPOWERING KNOWLEDGE, COUNTERS COMMON MYTHS, AND PROVIDES SIMPLE, EFFECTIVE DAILY TIPS TO HELP YOU AND YOUR MICROBES LIVE LONG—AND PROSPER. “[AN] EXCITEDLY OPTIMISTIC AND RESEARCH-GROUNDED LOOK AT THE MICROBIOME’S IMPLICATIONS FOR THE HEALTH OF THE AGING BODY...MAKE[S] A STRONG CASE FOR THE MICROBIOME AS AN EXCITING NEW FRONTIER IN HEALTH RESEARCH, WITH MYRIAD POSSIBILITIES FOR THE DIAGNOSIS AND TREATMENT OF VARIOUS DISEASES.” —PUBLISHERS WEEKLY
INNER BRIDGES FRITZ FREDERICK SMITH 1986

THE GUT STUFF LISA MACFARLANE 2021-01-07 WITH A FOREWORD BY TIM SPECTOR. ALANA AND LISA MACFARLANE HAVE SPENT THE PAST FEW YEARS INTERVIEWING TONS OF

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GUT EXPERTS: SCIENTISTS, ACADEMICS, CHEFS AND FOODIES TO GET THE REAL SCOOP AND SCIENCE BEHIND WHAT WE EAT. WE NOW KNOW HOW IMPORTANT THE GUT IS TO OUR HEALTH AND WELLBEING, INCLUDING ITS IMPACT ON OUR IMMUNE SYSTEM AND ON DISEASES SUCH AS CANCER, ALZHEIMER'S, PARKINSON'S AND EVEN MENTAL HEALTH, BUT THE GUT STUFF ARMS THE READER WITH PRACTICAL KNOWLEDGE AND TANGIBLE TIPS – BOTH LIFESTYLE AND DIETARY – SO THEY CAN MAKE EASY AND LIFE-CHANGING DECISIONS. CHAPTERS INCLUDE: BACK TO SCHOOL – BIOLOGY AND THE MICROBIOME; MIND AND BODY – THE GUT AND IMMUNITY, THE GUT AND EXERCISE, THE GUT AND SKIN, THE GUT-BRAIN AXIS, THE GUT AND SLEEP, THE GUT AND HORMONES; SCIENTIFIC INTERLUDE ON PRE- AND PROBIOTICS; BULLSH*T BIN – MYTHBUSTING NUTRITION NONSENSE; WHAT CAN YOU DO – TOP TIPS TO SUPPORT YOUR GUT; I'VE GOTTA PROBLEM – COMMON DIGESTIVE ISSUES; THE FUTURE OF SCIENCE; THE GUT GLOSSARY. WITH PRACTICAL ADVICE FROM GUT EXPERTS, FROM HOW TO DE-STRESS FOR YOUR GUT TO THE AFFECTS OF ALCOHOL ON THE GUT, THIS IS AN ACHIEVABLE GUIDE FOR BETTER HEALTH. EXPERTS INCLUDE: THE ROOTED PROJECT, KIMBERLEY WISON, DR CHRIS LUTTERODT, PROFESSOR GLENN GIBSON, JOHN CRYAN AND TED DINAN, JENNA MACCIOCHI, MIGUEL MATEAS, RENEE MCGREGOR, RUAIRI ROBERSTON, SOPHIE MEDLIN, DR RABIA AND DR GAUTAM MEHTA. 'TWINS ARE A GREAT CONSTANT

FOR MEDICAL RESEARCH AND WE BECAME THE 'CHIEF GUINEA PIGS' FOR THE BRITISH GUT PROJECT WHERE WE DISCOVERED THAT DESPITE US HAVING 100% THE SAME DNA OUR GUTS HAVE ONLY 40% THE SAME MICROBIOTA, WHICH COULD EXPLAIN WHY OUR BODIES BEHAVE SO DIFFERENTLY. THUS OUR 'GUT JOURNEY' BEGAN.'

THE MIND-GUT CONNECTION EMERAN MAYER 2018-06-05
CUTTING-EDGE NEUROSCIENCE COMBINES WITH THE LATEST DISCOVERIES ON THE HUMAN MICROBIOME TO INFORM THIS PRACTICAL GUIDE THAT PROVES ONCE AND FOR ALL THE INEXTRICABLE, BIOLOGICAL LINK BETWEEN MIND AND BODY. WE HAVE ALL EXPERIENCED THE CONNECTION BETWEEN OUR MIND AND OUR GUT—THE DECISION WE MADE BECAUSE IT “FELT RIGHT;” THE BUTTERFLIES IN OUR STOMACH BEFORE A BIG MEETING; THE ANXIOUS STOMACH RUMBLING WHEN WE'RE STRESSED OUT. WHILE THE DIALOGUE BETWEEN THE GUT AND THE BRAIN HAS BEEN RECOGNIZED BY ANCIENT HEALING TRADITIONS, INCLUDING ARYUVEDIC AND CHINESE MEDICINE, WESTERN MEDICINE HAS FAILED TO APPRECIATE THE COMPLEXITY OF HOW THE BRAIN, GUT, AND MORE RECENTLY, THE MICROBIOME—THE MICROORGANISMS THAT LIVE INSIDE US—COMMUNICATE WITH ONE ANOTHER. IN THE MIND-GUT CONNECTION, DR. EMERAN MAYER, EXECUTIVE DIRECTOR OF THE UCLA CENTER FOR NEUROBIOLOGY OF STRESS, OFFERS A REVOLUTIONARY LOOK AT THIS DEVELOPING SCIENCE, TEACHING US HOW TO HARNESS THE POWER OF THE MIND-GUT

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CONNECTION TO TAKE CHARGE OF OUR HEALTH. THE MIND-GUT CONNECTION, SHOWS HOW TO KEEP THE COMMUNICATION BRAIN-GUT COMMUNICATION CLEAR AND BALANCED TO:

- HEAL THE GUT BY FOCUSING ON A PLANT-BASED DIET
- BALANCE THE MICROBIOME BY CONSUMING FERMENTED FOODS AND PROBIOTICS, FASTING, AND CUTTING OUT SUGAR AND PROCESSED FOODS
- PROMOTE WEIGHT LOSS BY DETOXIFYING AND CREATING A HEALTHY DIGESTION AND MAXIMUM NUTRIENT ABSORPTION
- BOOST IMMUNITY AND PREVENT THE ONSET OF NEUROLOGICAL DISEASES SUCH AS PARKINSON'S AND ALZHEIMER'S
- GENERATE A HAPPIER MINDSET AND REDUCE FATIGUE, MOODINESS, ANXIETY, AND DEPRESSION
- PREVENT AND HEAL GI DISORDERS SUCH AS LEAKY GUT SYNDROME; FOOD SENSITIVITIES AND ALLERGIES; AND IBS; AS WELL AS DIGESTIVE DISCOMFORT SUCH AS HEARTBURN AND BLOATING
- AND MUCH MORE.

SUPPLEMENTAL ENHANCEMENT PDF ACCOMPANIES THE AUDIOBOOK.

Love Your Gut MEGAN ROSSI 2021-03-02 THE GO-TO LIFESTYLE GUIDE FOR A HAPPY GUT THAT WILL TRANSFORM YOUR HEALTH AND WELLBEING, WITH EASY-TO-UNDERSTAND GRAPHICS AND ASSESSMENTS AND OVER 50 RECIPES TO HEAL LEAKY GUT AND OTHER DIGESTIVE DISORDERS

GUT GIULIA ENDERS 2015

THE GUT MICROBIOME IN HEALTH AND DISEASE DIRK HALLER 2018-07-27 THE BOOK PROVIDES AN OVERVIEW ON HOW THE GUT MICROBIOME CONTRIBUTES TO HUMAN HEALTH. THE

READERS WILL GET PROFOUND KNOWLEDGE ON THE CONNECTION BETWEEN INTESTINAL MICROBIOTA AND IMMUNE DEFENSE SYSTEMS. THE TOOLS OF CHOICE TO STUDY THE ECOLOGY OF THESE HIGHLY-SPECIALIZED MICROORGANISM COMMUNITIES SUCH AS HIGH-THROUGHPUT SEQUENCING AND METAGENOMIC MINING WILL BE PRESENTED. IN ADDITION THE MOST COMMON DISEASES ASSOCIATED TO THE COMPOSITION OF THE GUT FLORA ARE DISCUSSED IN DETAIL. THE BOOK WILL ADDRESS RESEARCHERS, CLINICIANS AND ADVANCED STUDENTS WORKING IN BIOMEDICINE, MICROBIOLOGY AND IMMUNOLOGY.

GUT GIULIA ENDERS 2017-06-22 A SUNDAY TIMESBESTSELLER -- NOW WITH REVISED AND EXPANDED CONTENT ON THE EXCITING NEW SCIENCE ABOUT THE GUT-BRAIN LINK. OUR GUT IS AS IMPORTANT AS OUR BRAIN OR HEART, YET WE KNOW VERY LITTLE ABOUT HOW IT WORKS AND MANY OF US ARE TOO EMBARRASSED TO ASK QUESTIONS. IN *GUT*, GIULIA ENDERS BREAKS THIS TABOO, REVEALING THE LATEST SCIENCE ON HOW MUCH OUR DIGESTIVE SYSTEM HAS TO OFFER. FROM OUR MIRACULOUS GUT BACTERIA -- WHICH CAN PLAY A PART IN OBESITY, ALLERGIES, DEPRESSION AND EVEN ALZHEIMER'S -- TO THE BEST POSITION TO POO, THIS ENTERTAINING AND INFORMATIVE HEALTH HANDBOOK SHOWS THAT WE CAN ALL BENEFIT FROM GETTING TO KNOW THE WONDROUS WORLD OF OUR INNER WORKINGS.

THE GOOD GUT JUSTIN SONNENBURG 2015-04-21 THE GROUNDBREAKING SCIENCE BEHIND THE SURPRISING SOURCE OF

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GOOD HEALTH STANFORD UNIVERSITY'S JUSTIN AND ERICA SONNENBURG ARE PIONEERS IN THE MOST EXCITING AND POTENTIALLY TRANSFORMATIVE FIELD IN THE ENTIRE REALM OF HUMAN HEALTH AND WELLNESS, THE STUDY OF THE RELATIONSHIP BETWEEN OUR BODIES AND THE TRILLIONS OF ORGANISMS REPRESENTING THOUSANDS OF SPECIES TO WHICH OUR BODIES PLAY HOST, THE MICROBES THAT WE COLLECTIVELY CALL THE MICROBIOTA. THE MICROBIOTA INTERACTS WITH OUR BODIES IN A NUMBER OF POWERFUL WAYS; THE SONNENBURGS ARGUE THAT IT DETERMINES IN NO SMALL PART WHETHER WE'RE SICK OR HEALTHY, FIT OR OBESE, SUNNY OR MOODY. THE MICROBIOTA HAS ALWAYS BEEN WITH US, AND IN FACT HAS COEVOLVED WITH HUMANS, ENTWINING ITS FUNCTIONS WITH OURS SO DEEPLY, THE SONNENBURGS SHOW US, HUMANS ARE REALLY COMPOSITE ORGANISMS HAVING BOTH MICROBIAL AND HUMAN PARTS. BUT NOW, THEY ARGUE, BECAUSE OF CHANGES TO DIET, ANTIBIOTIC OVER-USE, AND OVER-STERILIZATION, OUR GUT MICROBIOTA IS FACING A

“MASS EXTINCTION EVENT,” WHICH IS CAUSING OUR BODIES TO GO HAYWIRE, AND MAY BE BEHIND THE MYSTERIOUS SPIKE IN SOME OF OUR MOST TROUBLING MODERN AFFLICTIONS, FROM FOOD ALLERGIES TO AUTISM, CANCER TO DEPRESSION. IT DOESN'T HAVE TO BE THIS WAY. THE GOOD GUT OFFERS A NEW PLAN FOR HEALTH THAT FOCUSES ON HOW TO NOURISH YOUR MICROBIOTA, INCLUDING RECIPES AND A MENU PLAN. IN THIS GROUNDBREAKING WORK, THE SONNENBURGS SHOW HOW WE CAN KEEP OUR MICROBIOTA OFF THE ENDANGERED SPECIES LIST AND HOW WE CAN STRENGTHEN THE COMMUNITY THAT INHABITS OUR GUT AND THEREBY IMPROVE OUR OWN HEALTH. THE ANSWER IS UNIQUE FOR EACH OF US, AND IT CHANGES AS YOU AGE. IN THIS IMPORTANT AND TIMELY INVESTIGATION, THE SONNENBURGS LOOK AT SAFE ALTERNATIVES TO ANTIBIOTICS; DIETARY AND LIFESTYLE CHOICES TO ENCOURAGE MICROBIAL HEALTH; THE MANAGEMENT OF THE AGING MICROBIOTA; AND THE NOURISHMENT OF YOUR OWN INDIVIDUAL MICROBIOME. CARING FOR OUR GUT MICROBES MAY BE THE MOST IMPORTANT HEALTH CHOICE WE CAN MAKE.