



The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out (Paperback)

By Robynne Chutkan

Scribe Publications, Australia, 2016. Paperback. Book Condition: New. New edition. 210 x 135 mm. Language: English . Brand New Book. The author of Gutbliss and one of today's preeminent gastroenterologists distils the latest research on the microbiome into a practical program for boosting overall health. The microbiome - the collective name for the trillions of bacteria that live in our gut - is today's hottest medical topic. Synthesising the latest findings, Dr Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the good bugs that keep us healthy, and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance makes us more prone to disease and obesity, and negatively affects our cravings, our immunity, and even our genes. But beyond the science, what sets The Microbiome Solution apart is Dr Chutkan's powerful plan for optimising your wellbeing. Discover how our hyper-hygienic lifestyle, enforced with hand-sanitising gels and antibiotics, is stripping our bodies of their natural protective systems; learn about essential prebiotics and probiotics; read a private introduction to the stool transplant, the radical super-fix for a severe microbial imbalance; and cook for thousands of billions with recipes that replenish...



READ ONLINE
[6.13 MB]

Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**