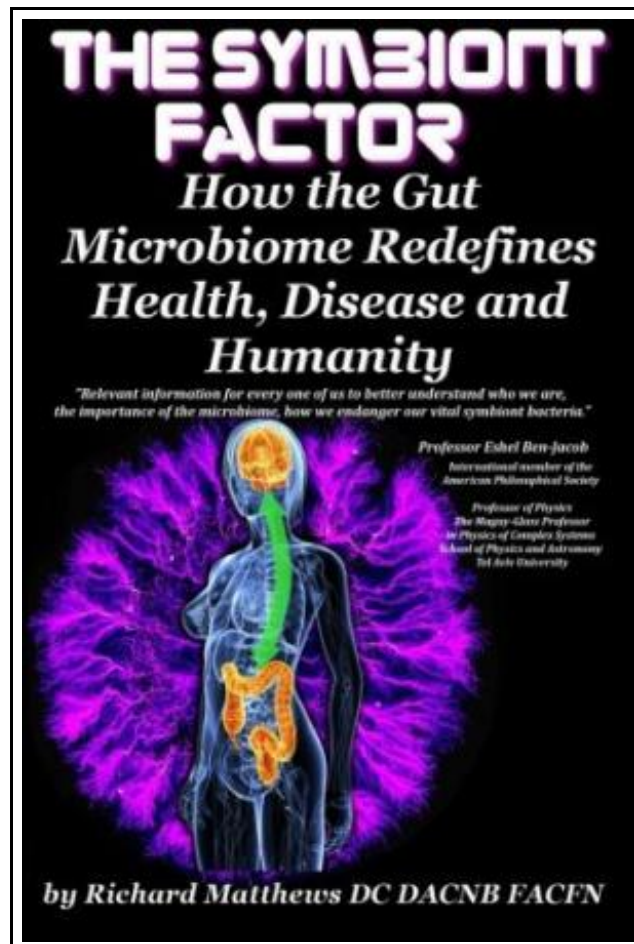


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Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The study of the human microbiome has revealed the most revolutionary concept ever discovered in health sciences: Our gut bacteria, brain and immune system are in constant communication, each influencing the others. We are not a singular organism but function as a superorganism (also called a holobiont), a composite of trillions of organisms. While this newfound reality should have completely changed the practice of healthcare, instead it has had little to no utilization. Our gut bacteria provide the missing link between nutrition, mental health, spiritual practices and health or disease outcomes. Our very evolution has been heavily influenced by the microbiome, and yet our future is in jeopardy due to current practices with antibiotic use and industrial farming with the use of herbicides and pesticides. The human microbiome is passed on from mother to infant, and with 100x the gene count as our human cells provides genetic adaptability on a daily basis. The failure to nurture this tremendous entity has the potential to threaten our future evolution. This book will change your life by explaining these concepts and showing how we can still make a difference by understanding what is happening. This excellent and long needed book presents in a clear and sound manner the recent dramatic findings about our gut bacteria. These thousands of trillions microorganisms living inside us play a crucial role in regulating our well-being throughout life. The new message is of great importance to the entire medical community, life sciences researchers, as well as the general public. Realizing the role of gut bacteria can help each of us to better understand the effect of nutrients, as mediated by the gut bacteria, on our body...



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