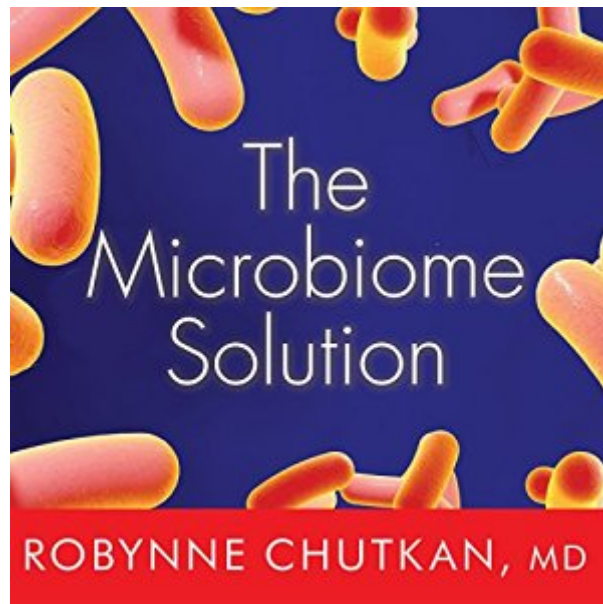


The book was found

The Microbiome Solution: A Radical New Way To Heal Your Body From The Inside Out



Synopsis

In *The Microbiome Solution*, Dr. Robynne Chutkan, a preeminent gastroenterologist, explains how the standard Western diet and our super-sanitized lifestyles are starving our microbiomes, depleting the "good bugs" that are crucial for keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria, which can leave us vulnerable to a host of autoimmune and chronic health conditions. Here, she shares her powerful program of simple yet effective lifestyle and diet changes to help you recover and reverse the damage, along with practical advice throughout, including: An overview of the "modern microbial disrupters" that are stripping our bodies of their natural protective systems Delicious, nourishing recipes that actually encourage the growth of good bacteria A list of important questions to ask your doctor if you have been prescribed an antibiotic A guide to choosing the right probiotics and supplements Critical information on how to prevent and recover from health conditions like eczema, chronic fatigue syndrome, Crohn's disease, colitis, IBS, and more

Book Information

Audible Audio Edition

Listening Length: 5 hours and 56 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: May 17, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01F9KY5LU

Best Sellers Rank: #18 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs #21 in Books > Medical Books > Medicine > Internal Medicine > Gastroenterology #49 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

Customer Reviews

We live in a new age of weird diseases and symptoms -- many traveling under the "auto-immune" banner. People by the droves go to their primary care doctors and complain of stomach and digestive ailments (bloating, food allergies, abdominal pain), light-headedness, fatigue, skin rashes, eczema, rosacea, and worse. Their doctors, in turn, follow the protocols of their training and order up standard tests in search of something physical. The tests come back negative. Now doc is

beginning to wonder if he has a hypochondriac on his hands, and the patients either persist or resign themselves to pain and misery, becoming depressed as symptoms continue to plague them. Sometimes more tests are ordered, but seldom is a solution found. It's a bad scene all around. Welcome to the world of microbes, the artful dodgers (at least when it comes to standard medical tests). If you fit the description above, you should be reading Dr. Chutkan's latest book. She talks about "dysbiosis," a widely prevalent but seldom diagnosed condition where the microbial community in your body is way out of whack -- low on good bacteria and high on pathogens (bad bacteria) due to a host of modern-day causes: the accumulated ravages of antibiotic treatments, alcohol consumption, stress, diet (specifically lack of enough fiber, vegetables, fruits, fermented foods and too much sugar, carbs, processed "food," genetically-modified food), antacid use, NSAID use, birth-control pill regimes, chemotherapy, and artificial sweeteners. As patients feel sicker, doctors unknowingly feed the flames by prescribing more pain medication, antibiotics, etc., to try to alleviate symptoms and show their patients that they are "doing something." Vicious, meet circle. The misery continues.

The Microbiome Solution by Robynne Chutkan is a blockbuster that opened my eyes to the infancy of an amazing discovery that is likely to change the way doctors practice medicine. It makes me think back in history to the era when doctors probably believed they were on the cutting edge (no pun intended) when "bleeding" patients was thought to be a sound medical treatment. Some day we may look back of the "miracle of antibiotics" like we do the "bleeding" treatment. Dr. Chutkan is an excellent communicator. In lay language she explains the importance of the human microbiome and how our health and well-being is dependent on the variety and abundance of these bacteria. Our "gut bacteria" have a variety of healthy, symbiotic and pathogenic one cell life that maintain our health. Antibiotics in medicine and the type of food we eat disrupt the balance of these micro florae. Pesticides, antibiotics, processed and genetically altered foods, antibacterial soaps, shampoos, and our assumption of what constitutes the practice of healthy hygiene negatively impact on our health. This easy to read and understand radical new way to heal our bodies from the inside out is an intriguing read that opened my eyes to a whole new way of thinking. In 340 pages, this enlightening gastroenterologist introduces readers to the reality of our predicament and the next step in changing our life for the better. This is cutting edge information that you will not want to miss. It provides important questions that you need to ask your health care providers before accepting prescribed medicines. This book provides the mind changing alternatives to every day practices that we did not realize were harmful.

[Download to continue reading...](#)

The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out The Human Superorganism: How the Microbiome Is Revolutionizing the Pursuit of a Healthy Life Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life The Beauty Detox Solution: Eat Your Way to Radiant Skin, Renewed Energy, and the Body You've Always Wanted Radical Forgiveness: A Revolutionary Five-Stage Process to Heal Relationships, Let Go of Anger and Blame, Find Peace in Any Situation The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul The Cure: Heal Your Body, Save Your Life Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Radical Beauty: How to Transform Yourself from the Inside Out The ISIS Solution: How Unconventional Thinking and Special Operations Can Eliminate Radical Islam Accessible XHTML and CSS Web Sites: Problem - Design - Solution (Wrox Problem--Design--Solution) The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body Smash Chronic Fatigue: A Concise, Science-Based Guide to Help Your Body Heal, and Banish Fatigue Forever Heal Your Body The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast Human Body: Human Anatomy for Kids - an Inside Look at Body Organs Clean - Expanded Edition: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes to Heal, Strengthen, and Nourish the Body How to Heal Yourself When No One Else Can: A Total Self-Healing Approach for Mind, Body, and Spirit

[Dmca](#)