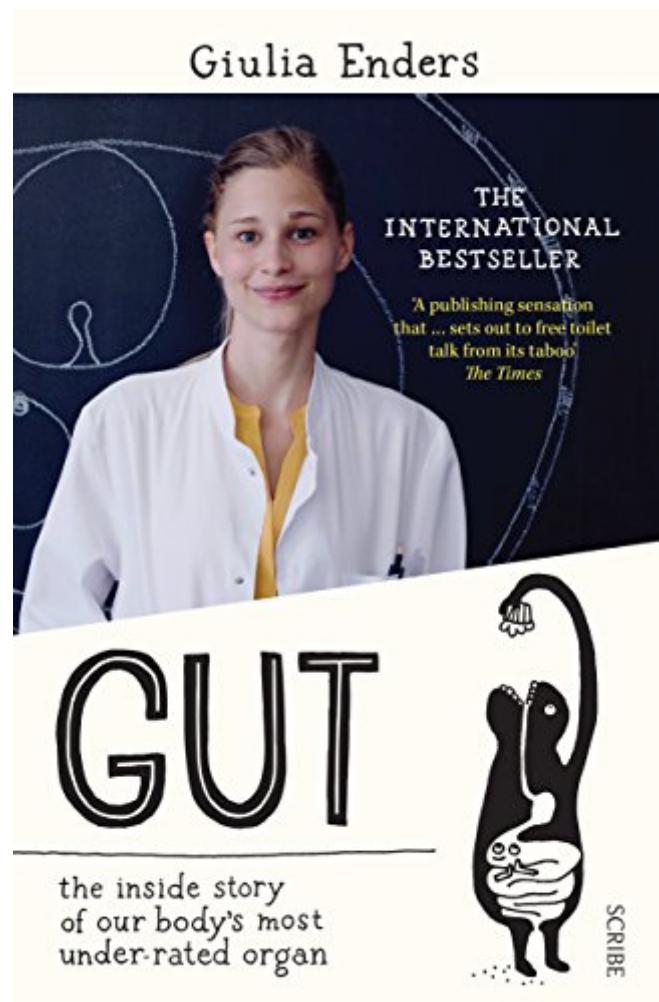


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Gut: The Inside Story Of Our Body's Most Under-rated Organ



Synopsis

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.

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Customer Reviews

I have a variety of stomach issues that I have had for quite some time now. My gastro doctor recommended that I read this book, and I am glad I did! It is surprisingly a very easy and fun read (yes, the author made a book about the gut fun to read!). There is a ton of great information about the anatomy of your gut and how it effects your brain, mood, and immune system. It addresses all types of stomach issues, like gluten sensitivity and how good bacteria and probiotics can help you. Probiotics can be a life saver for your gut, helping to keep your immune system and digestive system running perfectly. A probiotic supplement is crucial for your digestive system, and Nutratech's probiotic supplement Probio-15 - Promote Digestive and Colon Health While Improving Immune function with this Powerful Probiotic and Prebiotic is the absolute best that I have found. Read this book and get this probiotic supplement, they will change your life!

The first chapters on gut anatomy and mechanics are a delight, written with authority and high spirits in equal measure. I learned a lot. Enders has a lively sense of curiosity and humor, and an endearing habit of anticipating readers' questions and answering them with great detail and patience. I loved the details. I was disappointed in the later chapters, maybe because I know more about the microbiome than about gut workings. There was too much "truthtiness," too many trendy hypotheses and scientific urban legends presented as fact. Martin Blaser's hypothesis that loss of *H pylori* is behind the epidemic of asthma is fascinating, maybe even true, but not yet evidence-based. There is no real evidence that *H pylori* causes Parkinsonism, or toxo (cat parasite) schizophrenia. There's no problem in presenting these as intriguing hypotheses, as long as you don't give the impression they are well established science. Perhaps the strangest was the blithe claim that salmonellosis in German eggs is caused by farmers buying cheap grain from Africa, where random turtles walk about in the fields pooping on seeds. Leaving aside the xenophobia, most outbreaks of *Salmonella* do not come from strolling exotic reptiles but from domestic, endemic infections in livestock. Recently, Germany has spawned numerous European outbreaks of salmonellosis in the old-fashioned way: poorly regulated high-density factory farming with birds crammed into tiny, filthy cages. The most recent outbreak of *Salmonella enteritidis* PT14b has resulted in nearly 300 cases, and one death in the U.K. It has been traced to Bayern Ei, a notorious egg producer in Bavaria. In the U.S., Aldi's has recalled contaminated German chocolates from its shelves...<http://www.eurosurveillance.org/ViewArticle.aspx?ArticleId=21098>

I don't believe I've ever learned more useful information per page than in "Gut" -- and I'm trained as

a doctor! The whole time I'm reading this, I'm shaking my head, thinking, "How come we weren't taught that in med school?" A longer, more thorough review is forthcoming, but in the meantime, if you are a fan of eating or have ever eaten in your lifetime, ever had a "gut feeling" about anything, or happen to possess a digestive tract, you need to read this. Is there anything more fundamental than knowing how your body extracts energy and nutrients from food? Dr Giulia Enders covers all aspects of the gut and how it relates to your mind, mood, hormones, and health, and does it all in a style that's accessible to the 10yr old and enjoyable to the seasoned professional. Also, she's freakin' hilarious. More to come.-- Ali Binazir, M.D., M.Phil., author of [...], the highest-rated dating book on for 3+ years

I learned some stuff about the stomach I had no clue about. There is some really good info about current science around the gut flora along with stuff about food digestion such as oils, carbs, meats and how they are digested. There are some nice images along the way that are light hearted and helpful to explain the process. Overall it is a fun read and I highly recommend it.

I was looking for information on the digestive track, the bowels and how it all works. All I found until I saw a review for this book were either textbooks or diet books. For me this is a very timely book. I highly recommend it.

What an interesting book on a, at first sight, tricky subject. I wanted to read out loud every single page of it to my wife, who thought I was crazy to read this book, because it is a string of continuous information on how our body works. I could not put it down until the end. I wish I had a perfect memory to remember it all.

Superb, well-written, hugely interesting and informative. I have a very specific diet these days (after years of being told (wrongly, as it turns out) that I had IBS) as I've learned to respect what I actually put into my body, and the foods that I choose to eat. This book joins a select few that I have found informative and greatly helpful in understanding how food, as fuel, is welcomed (or otherwise) by, and interacts with, my body and my brain. The gut is a far more complex system of organs than was thought just a couple of decades ago, and new research is increasingly demonstrating how gut health is linked to other aspects of overall human health, including the brain and the immune system, and in very recent times the links between the gut and perhaps more unexpected problems like anxiety. This book nicely explains to the layman how we can all better understand this often

problematic and seemingly underappreciated part of our bodies.

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Gut: the inside story of our body's most under-rated organ Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal Your Gut Organ Donation and Organ Donors: Issues, Challenges and Perspectives (Organ Transplantation Research Horizons) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) The Gut Healing Protocol: Reset Your Gut, Reduce Inflammation, Gain Energy and Feel Happier (Eat Your Way Lean and Healthy) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Gut Health: The Beginner's Guide to Cleansing the Gut for Weight Loss, More Energy and Overall Health The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Thai Cooking: The Ultimate Thai Cooking Cookbook with Experienced Chef: Enjoy The Top Rated Recipes Podcasting Essentials: The Making of an iTunes Top Rated Podcast "Branding Like A Boss" 75+ Free Apps That Make and Save You Money: Top Rated Apps for Kindle, Android, iPhone, iPad, Tablet or PC

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