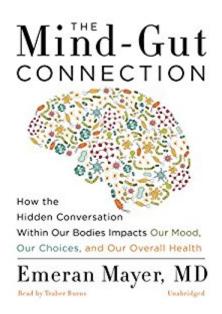
The book was found

The Mind-Gut Connection: How The Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, And Our Overall Health





Synopsis

Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of Wheat Belly and Grain Brain that conclusively demonstrates 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 Ayurvedic 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 Oppenheimer Center for Neurobiology of Stress and Resilience, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. The Mind-Gut Connection describes: Why consuming a predominantly plant-based diet is key for gut and brain health The importance of early childhood in gut-brain development and what parents can do to help their children thrive The role of excessive stress and anxiety in GI ailments and cognitive disorders How to "listen to your gut" and pay attention to the signals your body is sending you And much more

Book Information

Audible Audio Edition

Listening Length: 9 hours and 10 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: July 5, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01HDVO1M6

Best Sellers Rank: #22 in Books > Audible Audiobooks > Health, Mind & Body > Health #28

in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #113 in Books >

Audible Audiobooks > Science

Customer Reviews

There is sure no shortage of trade books on the microbiome and the list of books is bound to

proliferate given the popularity of the topic. This book separates itself from the pack in a number of ways. First, Dr Mayer is one of the select group of scientists worldwide whose work has helped fuel research into what we know about the microbiome and its importance to our health. While other scientists saw painful medical disorders like irritable bowel syndrome as a â œpsychiatric disorderâ • Dr Mayer was conducting research showing that the brain has a far more powerful and complex role in tipping the balance between health and illness than just governing our mental wellbeing. Because he knows what he is talking about, the reader can feel confident that the material is accurate, trust worthy, and backed by evidence tested in rigorous laboratory settings. This is no small feat among the growing number of books chock full of half-truths, exaggerations, and outright inaccuracies that make it hard for the reader to separate fact from fiction. Second, Dr Mayer emphasizes the importance not only of how our mood, behaviors like our activity level and what we eat and drink, and mindset can impact the collection of microbes that colonize the human body but how our microbiome can in turn impact the brain. There is no other book available that covers so much terrain with such expertise and precision. Third, the book is an easy read, written in such an engaging and non-technical manner that even the person whose last science book was in 10th grade bio class will find this book a pleasure to read, making it far and away the best microbiome book out there for general audience.

Download to continue reading...

The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long Term Health Conversation: A Comprehensive Tool For Mastering Small Talk, Building Trust and Forging Relationships (Conversation Tactics, Conversation Starters, Crucial conversations) A Conversation on Trust: The One Thing That Impacts Every Dimension of Life The Yeast Connection and Women's Health (The Yeast Connection Series) The Yeast Connection Cookbook: A Guide to Good Nutrition, Better Health and Weight Management (The Yeast Connection Series) The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to Take to Regain Your Health (The Yeast Connection Series) Ecological Intelligence: The Hidden Impacts of What We Buy Who Has What?: All About Girls' Bodies and Boys' Bodies (Let's Talk about You and Me) Health Smarts: How to Eat Right, Stay Fit, Make Positive Choices, and More (USA Today Teen Wise Guides: Lifestyle Choices) The Blueberry Connection: Blueberry Cookery with Flavor, Fact and Folklore (Connection Cookbook) Tired--So Tired! and the Yeast Connection (The Yeast Connection Series) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes

for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Hans Ulrich Obrist & Marina Abramovic: The Conversation Series: Volume 23 (Conversation (Verlag Der Buchhandlung)) Starting Point Conversation Guide Revised Edition: A Conversation About Faith Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It Measuring and Improving Social Impacts: A Guide for Nonprofits, Companies, and Impact Investors Marine Ecology: Processes, Systems, and Impacts Commerical Fishing: The Wider Ecological Impacts Unleash the Power of the Female Brain: Supercharging Yours for Better Health, Energy, Mood, Focus, and Sex

<u>Dmca</u>