



The Secret Life of Your Microbiome: Why Nature and Biodiversity are Essential to Health and Happiness (Paperback)

By Susan Prescott, Alan Logan

New Society Publishers, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. For too long our bodies have been viewed as capsules, sealed off and protected from bugs by our immune systems and an arsenal of antibiotics, pesticides, processed foods, and antibacterial soaps. The more insulated from nature, the better. The Secret Life of Your Microbiome shatters this deeply held myth, presenting a revolutionary new paradigm, backed by vast science; we re deeply connected to the biodiversity of nature through our microbiomes, the rich microbial ecosystem of our guts and skin, and this connection is essential to health and happiness. From sugar-rich diets wiping out good gut bacteria and exacerbating depression, to microbes mediating phytonutrient absorption in the brain, to inflammation and cancer, the influence of biodiversity on our bodies is everywhere. The great communicator is our immune system, a mobile brain that interacts with micro-organisms in and around us with profound health consequences. Written with pace, clarity, and humor by world-renowned scientists in immunology, nutrition, and environmental health, The Secret Life of Your Microbiome makes the irrefutable case that health and happiness depends fundamentally on the health of biodiversity, and shows how we can nurture this...



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