The Psychobiotic Revolution

Cultured

The groundbreaking science behind the surprising source of good health. Stanford University’s Justin and Erica Sonnenburg are pioneers in the most exciting and potentially transformative field in the entire realm of human health and wellness, the study of the relationship between our bodies and the trillions of organisms representing thousands of species to which our bodies play host, the microbes that we collectively call the microbiota. The microbiota interacts with our bodies in a number of powerful ways; the Sonnenburgs argue that it determines in no small part whether we’re sick or healthy, fit or obese, sunny or moody. The microbiota has always been with us, and in fact has coevolved with humans, entrusting its functions with ours so deeply, the Sonnenburgs show us, humans are really composite organisms having both microbial and human parts. But now, they argue, because of changes to diet, antibiotic over-use, and over-sterilization, our gut microbiota is facing a “mass extinction event,” which is causing our bodies to go haywire, and may be behind the mysterious spike in some of our most troubling modern afflictions, from food allergies to autism, cancer to depression. It doesn’t have to be this way. The Good Gut offers a new plan for health that focuses on how to nourish your microbiota, including recipes and a menu plan. In this groundbreaking work, the Sonnenburgs show how we can keep our microbiota off the endangered species list and how we can strengthen the community that inhabits our gut and thereby improve our own health. The answer is unique for each of us, and it begins with you. In this important and timely investigation, the Sonnenburgs look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbiota; and the nourishment of your own individual microbiome. Caring for our gut microbes may be the most important health choice we can make.

The Probiotics Revolution

From one of today’s leading experts on the emerging science of the microbiome comes a ground-breaking book that offers, for the first time, evidence that the gut microbiome plays a pivotal role in the health crises of the twenty-first century. In his acclaimed book, The Mind-Gut Connection, physician, UCLA professor, and researcher Dr. Emeran Mayer offered groundbreaking evidence of the critical role of the microbiome in neurological and cognitive health, proving once and for all the power and legitimacy of the “mind-body connection.” Now, in The Gut-Immune Connection, Dr. Mayer proposes an even more radical paradigm shift: that the gut microbiome is at the center of virtually every disease that defines our 21st-century public health crisis. Cutting-edge research continues to advance our understanding of the function and impact of the billions of organisms that live in the GI tract, and in Dr. Mayer’s own research, he has amassed evidence that the “conversation” that takes place between these microbes and our various organs and bodily systems is critical to human health. When that conversation goes awry, we suffer. Mayer argues that the traditional approach to reversing these health challenges is flawed and offers a new, breakthrough perspective: that gut health and immune health are inextricably linked. Combining clinical experience with up-to-the-minute science, The Gut-Immune Connection offers a comprehensive look at the link between alterations to the gut microbiome and the development of chronic diseases like diabetes, heart disease, and cancer, as well as susceptibility to infectious diseases like Covid-19. Dr. Mayer argues that it’s essential we understand the profound and far-reaching effects of gut health and offers clear-cut strategies to reverse the steady upward rise of these illnesses, including a model for nutrition to support the microbiome. But time is running out: a plague of antimicrobial resistance is only a few decades away if we don’t make critical changes to our food supply, including returning to sustainable practices that maintain the microbial diversity of the soil. To turn the tide of chronic and infectious disease tomorrow, we must shift the way we live today.

Dirt Is Good

As seen on “CBS This Morning” Worldwide, depression will be the single biggest cause of disability in the next twenty years. But treatment for it has not changed much in the last three decades. In the world of psychiatry, time has apparently stood still until now with Edward Bullmore’s The Inflamed Mind. A Radical New Approach to Depression. A Sunday Times (London) Top Ten Bestseller In this game-changing book, University of Cambridge professor of psychiatry Edward Bullmore reveals the breakthrough new science on the link between depression and inflammation of the body and brain. He explains how and why we now know that mental disorders can have their root cause in the immune system, and outlines a future revolution in which treatments could be specifically targeted to break the vicious cycle of stress, inflammation, and depression. The Inflamed Mind goes far beyond the clinic and the lab, representing a whole new way of looking at how mind, brain, and body all work together in a sometimes misguided effort to help us survive in a hostile world. It offers insights into how we could start getting to grips with depression and other mental disorders much more effectively in the future.

Gut Microbiota

You are just 10% human. For every one of the cells that make up the vessel that you call your body, there are nine impostor cells hitching a ride. You are not just flesh and blood, muscle and bone, skin, but also bacteria and fungi. Over your lifetime, you will carry the equivalent weight of five African elephants in microbes. You are not an individual but a colony. Until recently, we had thought our microbes hardly mattered, but science is revealing a different story, one in which microbes run our bodies and becoming a healthy human is impossible without them. In this riveting, shocking, and beautifully written book, biologist Alanna Collen draws on the latest scientific research to show how our personal colony of microbes influences our weight, our immune system, our mental health, and even our choice of partner. She argues that so many of our modern diseases—obesity, autism, mental illness, digestive disorders, allergies, autoimmune afflictions—and even cancer—have their root in our failure to cherish our most fundamental and enduring relationship: that with our personal colony of microbes. Many of the questions about modern diseases left unanswered by the Human Genome Project are illuminated by this new science. And the good news is that unlike our human cells, we can change our microbes for the better. Collen’s book is a revelatory and indispensable guide. It is science writing at its most relevant: life and your body—will never seem the same again.

Brain Maker

Presenting the work of international experts who discuss all aspects of probiotics and prebiotics, this volume reviews current scientific understanding and research being conducted in this area. The book examines the sources and production of probiotics and prebiotics. It explores their use in gastrointestinal disorders, infections, cancer prevention, allergies, asthma, and other disorders. It also discusses the use of these supplements in infant, elderly, and animal nutrition, and reviews regulations and safety issues.

Cooking for the Sensitive Gut

The bestselling author of Grain Brain uncovers the powerful role of gut bacteria in determining your brain's destiny. Debilitating brain disorders are on the rise—from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome—the vast populations of diverse bacteria that live in your body and outnumber your own cells ten to one. What's taking place in your intestines today is determining your risk for any number of brain-related conditions. In BRAIN MAKER, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become “sick,” and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, BRAIN MAKER opens the door to unprecedented brain health potential.
The Psychobiotic Revolution

“Engrossing... [An] expedition through the hidden and sometimes horrifying microbial domain.” —Wall Street Journal “Fascinating—and full of the kind of factoids you can’t wait to share...” —Scientific American Parasites can live only inside another animal and, as Kathleen McAuliffe reveals, these tiny organisms have many evolutionary motives for manipulating the behavior of their hosts. With astonishing precision, parasites can coax rats to approach cats, spiders to transform the patterns of their webs, and fish to draw the attention of birds that then swoop down to feast on them. We humans are hardly immune to their influence. Organisms we pick up from our own pets are strongly suspected of changing our personality traits and contributing to recklessness and impulsivity—even suicide. Germs that cause colds and the flu may alter our behavior even before symptoms become apparent. Parasites influence our species on the cultural level, too. Drawing on a huge body of research, McAuliffe argues that our dread of contamination is an evolved defense against parasites. The horror and revulsion we are programmed to feel when we come in contact with people who appear diseased or dirty helped pave the way for civilization, but may also be the basis for major divisions in societies that persist to this day. This Is Your Brain on Parasites is both a journey into cutting-edge science and a revelatory examination of what it means to be human. “If you’ve ever doubted the power of microbes to shape society and offer us a grander view of life, read on and find yourself duly impressed.” —Heather Havlicksky, Bookforum

Behavioral Neurogenetics

“This cutting-edge book reveals how a healthy gut can drive psychological well-being, improve your mood, and combat common diseases including depression, anxiety, obesity, heart disease—even autism and Alzheimer’s—all by nurturing your microbiome. Welcome to psychobiotics, the revolutionary new scientific field that treats the common ailments of our time. Leading medical researchers John F. Cryan and Ted Dinan, together with veteran journalist Scott C. Anderson, explain the operations of the all-critical gut-brain axis, revealing how overall well-being depends on a healthy population of intestinal bacteria. For the first time, Cryan and Dinan—who coined the term “psychobiotics”—introduce the microbes essential to brain health and explain how changes in lifestyle and diet can keep them thriving. With useful charts naming bacteria species and laboratory-tested psychobiotic products, along with disease-by-disease accounts of the role a healthy gut plays in prevention and treatment, this comprehensive guide illuminates the essential steps you need to improve your life—all by maintaining a healthy gut.”

The Psychobiotic Revolution

The Gut-Brain Axis: Dietary, Probiotic, and Prebiotic Interventions on the Microbiota examines the potential for microbial manipulation as a therapeutic avenue in central nervous system disorders in which an altered microbiota has been implicated, and explores the mechanisms, sometimes common, by which the microbiota may contribute to such disorders. Focuses on specific areas in which the microbiota has been implicated in gut-brain communication Examines common mechanisms and pathways by which the microbiota may influence brain and behavior Identifies novel therapeutic strategies targeted toward the microbiota in the management of brain activity and behavior

The Microbiome and the Brain

Chances are, at some point in your life you’ve noticed the connection between your brain and your gut. If you’ve ever felt queasy as you walked into an uncomfortable situation or based a life decision based on a “gut feeling,” then you know that sometimes our bodies react faster than our minds. Most of us have also experienced the same phenomenon in reverse, where our mental state has affected our digestive system—like the butterflies in our stomach before an important meeting or a first date. But while the dialogue between the mind and the gut has been recognized for centuries, scientists today are just starting to understand how powerful that connection is. In The Mind-Gut Connection, Dr. Eranman Mayer, executive director of the UCLA Oppenheimer Center for the Neurobiology of Stress, offers a cutting-edge view into this developing science, showing us the full impact of how the brain, gut, and microbiome—the community of microorganisms that live inside the digestive tract—communicate. As Dr. Mayer explains, when this communication channel is out of whack, major health problems can crop up, including food sensitivities and allergies, digestive disorders, obesity, depression, anxiety, and fatigue. The Mind-Gut Connection teaches us how, with a few simple changes to our diet and lifestyle, we can enjoy a happier mindset, enhanced immunity, a decreased risk of developing neurological diseases such as Parkinson’s and Alzheimer’s, and even lose weight. With a simple, practical regimen drawn from the latest research, Dr. Mayer shows us that paying attention to the mind-gut balance is the key to unlocking vibrant health.

The Human Superorganism

Gut Microbiota: Interactive Effects on Nutrition and Health provides a detailed account of gut microbiota research, an exploration of how diet influences gut microbiota and the implications of gut microbiota for health. The book provides a summary of how diet interacts with the gut microbiome and presents practical applications focused on food, supplements and safety. This book provides scientists and clinicians who have an interest in the microbiome with an understanding of the future potential—and limitations—of this tool, as they strive to make use of evidence-based diet information for the maintenance of good health. Consolidates new research on how gut microbiota affects nutrition Identifies how the research applies to food, supplements and safety Provides diet recommendations to improve health Includes case studies from clinical populations Explores how diet influences gut microbiota

The Inflamed Mind

What is it about evil that we find so compelling? From our obsession with serial killers to violence in pop culture, we seem inescapably drawn to the stories of monstrous acts and the aberrant people who commit them. But evil, Dr. J. J. Shaw argues, is all relative, rooted in our unique cultures. What one may consider normal, like sex before marriage, eating meat, or being a banker, others find abhorrent. And if evil is only in the eye of the beholder, can it be said to exist at all? In Evil, Shaw uses case studies from academia, examples from and popular culture, and anecdotes from everyday life to break down complex information and concepts like the neuroscience of evil, the psychology of bloodlust, and workplace misbehavior. This is a wide-ranging exploration into a fascinating, darkly compelling subject.

Your Subconscious Brain Can Change Your Life

The book provides an overview on how the gut microbiome contributes to human health. The readers will get profound knowledge on the connection between intestinal microbiota and immune defense systems. The tools of choice to study the ecology of these highly-specialized microorganism communities such as high-throughput sequencing and metagenomic mining will be presented. In addition the most common diseases associated to the composition of the gut flora are discussed in detail. The book will address researchers, clinicians and advanced students working in biomedicine, microbiology and immunology.

The Good Gut

Written by the leading researchers in the field, this information-rich guide to improving your mood explains how gut health drives psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria. This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines. Leading medical researchers John F. Cryan and Ted Dinan, working with veteran journalist Scott C. Anderson, explain how common mental health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome. Science is proving that a healthy gut means a healthy mind—and this book details the steps you can take to change your mood and improve your life by nurturing your microbiome.

The Second Brain
A revealing look at the 300 trillion microorganisms that keep us healthy—and the foods they need to thrive. These days, probiotic yogurt and other "gut-friendly" foods line supermarket shelves. But what's the best way to feed our all-important microbiome—and what is a microbiome, anyway? In this engaging and eye-opening book, science journalist Katherine Harmon Courage investigates these questions, presenting a deep dive into the ancient food traditions and latest research for maintaining a healthy gut. Courage's insights include: • Meet your microbiome: What it is, how it works, and why it's essential for our immune system—and overall health • Gut-friendly food traditions: A guided tour of artisanal makers of yogurt, kimchi, kefir, kombucha, olives, cocoa, and other vibrant, ancient foods from around the world that feed our microbiome (along with simple recipes for curious at-home cooks) • Cutting-edge science: A first-hand look at some of the top lab facilities where microbiologists are working to better understand the human gut and how to feed it for good health Equal parts science explainer, culinary investigation, and global roadmap for healthy eating, Cultured offers a wealth of information for anyone interested in making smart food choices in our not-so-gut-friendly modern world.

The Whole Brain

Suddenly, research findings require a paradigm shift in our view of the microbial world. The Human Microbiome Project at the National Institutes of Health is well under way, and unprecedented scientific technology now allows the censusing of trillions of microbes inside and on our bodies as well as in the places where we live, work, and play. This intriguing, up-to-the-minute book for scientists and nonscientists alike explains what researchers are discovering about the microbe world and what the implications are for modern medicine. Rob DeSalle and Susan Perkins illuminate the long, intertwined evolution of humans and microbes. They discuss how the human DNA is being reprogrammed by novel DNA-carving enzymes, how the microbiome affects health and disease, and how we can use this information to improve health. The second section of the book incorporates calculus and examines infinite series—long sums that can only be defined by the concept of limit, as in the example of $1+\frac{1}{2}+\frac{1}{4}+\ldots$. With the help of some group theory and geometry, the third section ties together the first two parts of the book through a discussion of modular forms—the analytic functions on the upper half-plane of the complex numbers that have growth and transformation properties. Ash and Gross show how modular forms are indispensable in modern number theory, for example in the proof of Fermat's Last Theorem. Appropriate for numbers novices as well as college math majors, Summing It Up delves into mathematics that will enlighten anyone fascinated by numbers.

The Mind-Gut Connection

Written by the leading researchers in the field, this information-rich guide to improving your mood explains how gut health drives psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria. This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines. Leading medical researchers John F. Cryan and Ted Dinan, working with veteran journalist Scott C. Anderson, explain how common mental health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome. Science is proving that a healthy gut means a healthy mind—and this book details the steps you can take to change your mood and improve your life by nurturing your microbiome.

Evil

Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains—the one in our head and the one in our bowel—must cooperate. If they do not, then there is chaos in the gut and misery in the head—everything from "butterflies" to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. The Second Brain represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as "neurotic" or "it's all in your head."

The Psychobiotic Revolution

This "guide to improving your mood explains how gut health drives psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria"—Amazon.com.

10% Human

This book covers a wide array of topics relevant to behavioral genetics from both a preclinical and clinical standpoint. Indeed in juxtaposing both areas of research the reader will appreciate the true translational nature of the field. Topics covered range from technical advances in genetic analysis in humans and animals to specific descriptions of advances in schizophrenia, attention disorders, depression and anxiety disorders, autism, aggression, neurodegeneration and neurodevelopmental disorders. The importance of gene-environment interactions is emphasised and the role of neuroimaging in unravelling the functional consequences of genetic variability described. This volume will be invaluable to both the basic scientist and clinician alike who may use it as a detailed reference book. It will also be of use to the novice to the field, to whom it will serve as an introduction to this exciting area of research.

Pleased to Meet Me

This accessibility written, comprehensive summary of research findings on the gut microbiome and its implications for health and disease—a topic of growing interest and concern—serves as an essential resource for teachers and students. • Presents the most recent gut microbiome research in a way that is accessible to students interested in biological sciences and nutrition studies • Includes engaging sidebars and case studies that serve to better illustrate the connections between gut microbiota, human physiology, and chronic disease • Provides insight into the role of nutrition in shaping the gut microbiota and suggestions for improving human health

This Is Your Brain on Parasites

85 delicious recipes to improve your mental health, boost your mood, and lower your risk of developing cognitive disorders! It is well established that a Mediterranean style diet can reduce the risk of heart disease, stroke, cancer, and diabetes. Now, new evidence suggests that this pattern of eating also reduces the risk of depression too, with those who follow the diet experiencing a significant reduction in symptoms severity. Inspired by this fascinating new research, dietitian Paula Mee outlines a healthy eating plan based on the Mediterranean diet that is rich in healthy fats, whole-grain, unrefined carbs, and proteins. With nearly 90 easy-to-prepare recipes included, Mediterranean Mood Food shows that you can stay in great shape physically and mentally while still enjoying delicious food. Covering breakfast, lunch, dinner, and dessert, recipes include: Spinach, feta, and egg bake, Chicken breast, garlic, and tomato, and mozzarella pizza White fish and fennel gratin Lamb tagine with...
apricots, almonds, and mint. Baked nectarines with almonds and marsala Paula’s style is clear and straightforward, translating complex topics into easy to understand chapters. Paired with a bright design and delicious recipes, this book is sure to be enjoyed by health enthusiasts and home-chefs alike.

**Follow Your Gut**

This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines. Leading medical researchers John F. Cryan and Ted Dinan, working with veteran journalist Scott C. Anderson, explain how common mental health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome. Science is proving that a healthy gut means a healthy mind — and this book details the steps you can take to change your mood and improve your life by nurturing your microbiome.

**The Psychobiotic Revolution**

National Geographic presents a comprehensive guide to fighting mental decline. With cutting-edge neuroscience, information about Alzheimer's, fascinating case studies, and tips to fight brain aging symptoms such as slower mental acuity and “senior moments,” this smart, engaging guide will help keep your memory sharp and your mind active. Fun, age-defying exercises—from body stretches to word games to foods that help you think—help the brain perform at its best, just like exercising does for other parts of the body. Leading memory loss expert Cynthia R. Green, PhD, and eminent science writer Michael Sweeney have created a book both informational and practical that gives readers everything they need to know about the care and feeding of one of the body's most important organs: the brain.

**The Gut Microbiome in Health and Disease**

We all need to find connection and meaning in the midst of the fast-paced world we live in and rituals offer an easy and simple way to do this. In this 365 year-long exploration, Theresa Cheung offers daily practices to help us bring focus and attention to our lives for meaningful and achievable change. A ritual is any action we take that has meaning beyond its appearance; by giving an action intention it becomes ‘sacred’ and purposeful. The absence of significant ceremony in our lives has left us feeling disconnected, confused and alone Rituals and ceremony allow us to be present in the now, focus on the future and provide us with closure on the past, they return us to what matters. Drawing on science and psychology, Theresa Cheung’s 365 non-denominational rituals will help anyone to transform their lives. Split into four sections, the book begins with 21 simple foundation rituals to help you ground your daily practice. The second and largest section is broken down into 4 areas: Body, Mind, Spirit and Heart. Each containing 74 rituals, some simple and some more complex. Choose the area you feel you want to focus on and follow the rituals in sequence or chose as you wish. The third section has a four-week programme focussing on success and broken down week-by-week and the final section contains 21 closing rituals. For those wanting a year long programme the book can be used day-by-day or alternatively choose a ritual at random.

**Susceptible You**

Brain related disorders are among the most challenging health issues of our time. The development of effective therapeutic and preventive strategies for these disorders relies on a comprehensive understanding of the underlying causative mechanisms. And, until recently, these mechanisms have remained somewhat elusive. The newly discovered pivotal role of the intestinal microbiome in brain health, functionality, and resistance to disease is revolutionizing neuroscience. The Microbiome and the Brain, through the contributions of some of the most forward thinking researchers and clinicians in the field, comprehensively reveals the leading edge of our understanding of the fundamental role of gut microbes and their metabolites in a wide array of seemingly diverse brain issues including Alzheimer’s disease, autism, multiple sclerosis, and mood disorders. In addition, mechanisms defining these relationships are explored along with a presentation of the state-of-the-art as it relates to interpretation of relevant laboratory assessments. Finally, novel therapeutic opportunities, derived from this exciting science are presented. Readers will learn: The highly validated relationship between alterations of gut microbes and their metabolites, and risk for Alzheimer’s disease. The important link between gut microbes and neuropsychiatric disorders relies on a comprehensive understanding of the underlying causative mechanisms. And, until recently, these mechanisms have remained somewhat elusive. The newly discovered pivotal role of the intestinal microbiome in brain health, functionality, and resistance to disease is revolutionizing neuroscience. The Microbiome and the Brain, through the contributions of some of the most forward thinking researchers and clinicians in the field, comprehensively reveals the leading edge of our understanding of the fundamental role of gut microbes and their metabolites in a wide array of seemingly diverse brain issues including Alzheimer’s disease, autism, multiple sclerosis, and mood disorders. In addition, mechanisms defining these relationships are explored along with a presentation of the state-of-the-art as it relates to interpretation of relevant laboratory assessments. Finally, novel therapeutic opportunities, derived from this exciting science are presented.

**The Ritual Yearbook**

If the thought of bacteria conjures images of germs that should be avoided at all costs—and certainly not ingested—think again! Some friendly bacteria, called probiotics, are not only beneficial to your health, they’re essential. Now an internationally recognized scientist at a top U.S. medical school—one of the leading researchers in the field—sheds light on the extraordinary benefits of these natural health superstars. Thanks to an explosion of research in recent years, one thing is clear: probiotics, the healthy bacteria that inhabit the digestive tract, are the body’s silent partners for good health, optimizing the power of the immune system to fight disease and the “bad” germs we fear. But how do they work? And in the face of factors like stress and poor diet, which decrease their numbers, how do you keep your supply well stocked? Here is an up-to-the-minute, highly accessible guide to probiotics and the foods and supplements that contain and support them—many of which may be in your diet already. Discover: The key role of probiotics and prebiotics in restoring healthy balance to our bodies, improving immune system functioning, and curbing inflammation How to use probiotic foods and supplements to prevent and relieve allergies, inflammatory bowel disease, irritable bowel syndrome, yeast infections, and the negative side effects of antibiotic use New evidence that probiotics may help fight asthma, cardiovascular disease, breast and colon cancer, autoimmune diseases, chronic fatigue, fibromyalgia—and even obesity Natural sources of prebiotics, the nutrients that help make the probiotics and prebiotics into your diet, a complete buyer’s guide to probiotic supplements, and how to introduce probiotics to your family and children.

**The Gut-Immune Connection**

After you’ve cultivated the coziness of the Danes (hygge) and achieved the Swedish way of moderation (lagom), then what’s next? How about developing your Sisu—an “untranslatable” Finish term referring to a mixture of courage, resilience, grit, tenacity, and perseverance. It’s a trait that has shaped not just the fate of a nation but continues to be a guiding principle for how Finns live their daily lives. Now it can offer lessons to us all, helping us to: discover our inner strength resolve conflicts at work and home raise kind and resilient children achieve our fitness goals fight for what we believe in And much more!

**Mediterranean Mood Food**

A groundbreaking, medication-free, scientifically based approach to healing depression, anxiety, and brain fog by focusing on your “whole brain”—the brain, the gut, the microbiome, and the thyroid. There is a fundamental connection between the brain, the gut, the microbiome, and the thyroid: if any one part of this “whole brain” system is malfunctioning, it will impact the others. Taking care of your whole brain is the basis of Dr. Kellman’s revolutionary approach to curing depression and other mood problems—without medication. Based on Dr. Kellman’s decades of experience as a physician and his ongoing study of the latest science, the book offers a lively, accessible explanation of how the brain works and why, for optimal brain health, you need to heal the microbiome, the gut, and the thyroid. With a proprietary three-week plan (21 days of meal plans, featuring 50 original and simple recipes; a complete exercise program and a program of daily meditations and affirmations). The Whole Brain program offers drug-free relief to anyone suffering depression, anxiety, and other mood disorders, as well as those who just want to feel better.

**The Gut Microbiome: Exploring the Connection between Microbes, Diet, and Health**

Discover the pros of probiotics Probiotics are beneficial, live microorganisms (in most cases, bacteria) that are similar to those found naturally in the human intestine. Also known as “friendly” or “good” bacteria, probiotics are the cornerstone of any successful health program because they restore a healthy balance between friendly and bad bacteria in the intestinal tract, a balance that is critical for the health of the entire body. Probiotics are associated with treating everything
from IBS to certain forms of cancer, allergies, eczema, and even the effects of aging. Probiotics For Dummies reveals how taking the right probiotics—in the form of food and supplements—as part of a total health program benefits one's overall health, as well as improving specific conditions. This hands-on, essential guide features 20 probiotic recipes and gives you a step-by-step plan for infusing probiotics into your diet to improve the health of the GI tract, alleviate allergies and asthma, restore reproductive and urinary tracts, bolster the immune system against disease, enhance weight loss, and more. Advice on how to ingest the right probiotics 20 probiotic recipes from breakfast to dessert Information on naturally occurring probiotic compounds as well as the effectiveness of supplements Probiotics For Dummies gives you everything you need to make informed decisions about adding probiotics to your daily diet.

Your Best Brain Ever

Gut Microbiome and Behavior, the latest volume in the International Review of Neurobiology series, provides a comprehensive overview of the gut microbiome on the brain and behavior, fully encapsulating the latest research in the field and defining the scope of this influence to outline potential mechanisms and possible implications. Contains the expertise of contributors in the field who discuss the gut microbiome and its effect on the brain and behavior Defines the scope of the influence of the gut microbiome and the potential mechanisms and implications Charts the way forward in this frontier area of research

The Gut-Brain Axis

New in paperback: New York Times best-selling author offers a groundbreaking approach to activate the subconscious brain to set yourself free from your past and create a terrific future. “This well-researched and scientific look at your subconscious brain will provide you with the practical tools you need to help you achieve your wildest dreams.” — Dr. Mercola, New York Times best-selling author of Fat for Fuel and founder of Mercola.com Can you remember a time in your life when you felt absolutely confident, happy, and free? Imagine what your life would be like if you could live in that space . . . In this book, Dr. Mike Dow shares a groundbreaking, life-changing program he created: Subconscious Visualization Technique (SVT). Now, if you think the subconscious brain is some woo-woo pseudoscience, prepare to have your mind blown. The cutting-edge research, protocol, and audio tracks Mike offers will help you speak directly to your subconscious brain and tap into your greatest strengths, gifts, and resources. His program, the first of its kind, starts with cognitive behavioral therapy (CBT), then incorporates various types of subconscious tools: mindfulness, guided visualization, audio-visual entrainment, and bilateral stimulation of the brain and body. Your subconscious can change the way you digest food, help you access memories and repressed feelings, boost your immune system, and activate mindbody healing so that you don’t have to constantly treat your symptoms. Some examples of systems that SVT can treat include chronic pain, fibromyalgia, leaky gut, irritable bowel syndrome (IBS), migraines, anxiety disorders, and more! SVT helps you access the best parts of yourself and move into your true self. In short, your subconscious brain can change your life!

Sisu

“Eyeopening Fascinating may presage a paradigm shift in medicine.” — Kirkus Reviews (starred review) "Teeming with information and big ideas Outstanding.” — Booklist (starred review) The origin of asthma, autism, Alzheimer’s, allergies, cancer, heart disease, obesity, and even some kinds of depression is now clear. Award-winning researcher on the microbiome, professor Rodney Dietert presents a new paradigm in human biology that has emerged in the midst of the ongoing global epidemic of noncommunicable diseases. The Human Superorganism makes a sweeping, paradigm-shifting argument. It demolishes two fundamental beliefs that have blinkered all medical thinking until very recently: 1) Humans are better off as pure organisms free of foreign microbes; and 2) the human genome is the key to future medical advances. The microorganisms that we have sought to eliminate have been there for centuries supporting our ancestors. They comprise as much as 90 percent of the cells in and on our bodies—a staggering percentage! More than a thousand species of them live inside us, on our skin, and on our very eyelashes. Yet we have now significantly reduced their power and in doing so have sparked an epidemic of noncommunicable diseases—which now account for 63 percent of all human deaths. Ultimately, this book is not just about microbes; it is about a different way to view humans. The story that Dietert tells of where the new biology comes from, how it works, and the ways in which it affects your life is fascinating, authoritative, and revolutionary. Dietert identifies foods that best serve you, the superorganism; not new fad foods but ancient foods that have made sense for millennia. He explains protective measures against unsafe chemicals and drugs. He offers an empowering self-care guide and the blueprint for a revolution in public health. We are not what we have been taught. Each of us is a superorganism. The best path to a healthy life is through recognizing that profound truth.

Probiotics and Prebiotics in Food, Nutrition and Health

While in grad school in the early 1990s, Chris Niederberger began to notice striking parallels between the latest discoveries in psychology, neuroscience, and the teachings of Buddhism, Taoism, and other schools of Eastern thought. When he presented his findings to a professor, his ideas were quickly dismissed as “pure coincidence.” Fast-forward 20 years later and Niederberger is a PhD and a tenured professor, and the Buddhist-neuroscience connection he found as a student is practically its own genre in the bookstore. But according to Niederberger, we are just beginning to understand the link between Eastern philosophy and the latest findings in psychology and neuroscience and what these assimilated ideas mean for the human experience. In this groundbreaking book, Niederberger writes that the latest research in neuropsychology is now confirming a fundamental tenet of Buddhism, what is called Anatta, or the doctrine of “no self.” Niederberger writes that our sense of self, or what we commonly refer to as the ego, is an illusion created entirely by the left side of the brain. Niederberger is quick to point out that this doesn’t mean that the self doesn’t exist but rather that it does so in the same way that a mirage in the middle of the desert exists, as a thought rather than a thing. His conclusions have significant ramifications for much of modern psychological modalities, which he says are spending much of their time trying to fix something that isn’t there. What makes this book unique is that Niederberger offers a series of exercises to allow the reader to experience this truth for him- or herself, as well as additional tools and practices to use after reading the book, all of which are designed to change the way we experience the world—a way that is based on being rather than thinking.

No Self, No Problem

About one in five of the population are intolerant to the food that they eat. Most have sensitivities to a range of different foods making preparing food a nightmare and sitting down to a meal can be torture. What can they eat without getting ill or running the risk of nutritional deficiency? What can they cook for their family and friends? Cooking for the Sensitive Gut is the perfect guide to how you can restrict the ingredients that cause you problems and still prepare a whole range of recipes that are simple and fun to cook and delicious to eat. From fresh and healthy breakfast ideas, to wholesome mains such as Butternut Squash and Coconut Laksa, cooking for the sensitive gut has never been so easy. Straightforward and authoritative advice from a gastroenterologist and nutritionist means it’s never so easy to learn how to treat your tummy well.

Gut Microbiome and Behavior

National Geographic’s riveting narrative explores the world of placebos, hypnosis, false memories, and neurology to reveal the groundbreaking science of our suggestible minds. Could the secrets to personal health lie within our own brains? Journalist Erik Vance explores the surprising ways our expectations and beliefs influence our responses to pain, disease, and everyday events. Drawing on centuries of research and everyday events, Vance takes us on a fascinating adventure from Harvard’s research labs to a witch doctor’s office in Catemaco, Mexico, to an alternative medicine school near Beijing (often called “China’s Hogwarts”). Vance’s firsthand dispatches will change the way you think—and feel. Expectations, beliefs, and self-deception can actively change our bodies and minds. Vance builds a case for our “internal pharmacy” — the very real chemical reactions our brains produce when we think we are experiencing pain or healing, actual or perceived. Supporting this idea is centuries of placebo research in a range of forms, from sugar pills to shock waves; studies of alternative medicine techniques heralded and condemned in different parts of the world (think crystals and chakras); and most recently, major advances in brain mapping technology. Thanks to this technology, we’re learning how we might leverage our suggestibility (or lack thereof) for personalized medicine, and Vance brings us to the front lines of such study.

Welcome to the Microbiome

Probiotics For Dummies gives you everything you need to make informed decisions about adding probiotics to your daily diet.

Welcome to the Microbiome
From two of the world's top scientists and one of the world's top science writers (all parents), Dirt Is Good is a Q&A-based guide to everything you need to know about kids & germs. "Is it OK for my child to eat dirt?" "That's just one of the many questions authors Jack Gilbert and Rob Knight are bombarded with every week from parents all over the world. They've heard everything from "My two-year-old gets constant ear infections. Should I give her antibiotics? Or probiotics?" to "I heard that my son's asthma was caused by a lack of microbial exposure. Is this true, and if so what can I do about it now?" Google these questions, and you'll be overwhelmed with answers. The internet is rife with speculation and misinformation about the risks and benefits of what most parents think of as simply germs, but which scientists now call the microbiome—the combined activity of all the tiny organisms inside our bodies and the surrounding environment that have an enormous impact on our health and well-being. Who better to turn to for answers than Drs. Gilbert and Knight, two of the top scientists leading the investigation into the microbiome—an investigation that is producing fascinating discoveries and bringing answers to parents who want to do the best for their young children. Dirt Is Good is a comprehensive, authoritative, accessible guide you've been searching for.

**Summing It Up**
Details the tiny word of microbes living inside our bodies and how they affect our health, asserting that proper regulation of these microbes through diet choices, probiotics and more can help battle allergies, asthma, obesity, acne, stomachaches and more.

**The Psychobiotic Revolution**
Why are you attracted to a certain "type?" Why are you a morning person? Why do you vote the way you do? From a witty new voice in popular science comes a clever, life-changing look at what makes you you. "I can't believe I just said that." "What possessed me to do that?" "What's wrong with me?" We're constantly seeking answers to these fundamental human questions, and now, science has the answers. The foods we enjoy, the people we love, the emotions we feel, and the beliefs we hold can all be traced back to our DNA, germs, and environment. This witty, colloquial book is popular science at its best, describing in everyday language how genetics, epigenetics, microbiology, and psychology work together to influence our personality and actions. Mixing cutting-edge research and relatable humor, Pleased to Meet Me is filled with fascinating insights that shine a light on who we really are—and how we might become our best selves.