



The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out

Robynne Chutkan

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The author of *Gutbliss* and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health.

Michael Pollan's widely discussed *New York Times* article, "Some of My Best Friends Are Germs," was just the tip of the iceberg. The microbiome—the collective name for the trillions of bacteria that live in our gut—is today's hottest medical news topic. Synthesizing the latest findings, Dr. Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the "good bugs" that keep us healthy and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance makes us more prone to disease and obesity and negatively affects our metabolism, our hormones, our cravings, our immunity, and even our genes. But beyond the science, what sets this book apart is Dr. Chutkan's powerful three-level program for optimizing your gut bacteria for good health.

Dr. Chutkan shares:

- Why hand-sanitizing gels and antibiotics are stripping our bodies of their natural protective systems
- Essential prebiotics and probiotics
- Recipes with ingredients that replenish the microbiome for each rehab level
- Cutting-edge research on the connection between the microbiome and the brain
- An intro to the stool transplant, the superfix for a severely troubled microbiome

Dr. Chutkan is one of the most recognizable gastroenterologists working in America today, and this is the first book to distill the research into a practical, effective plan for replenishing our microbiomes. *The Microbiome Solution* will bring welcome relief to the millions who want to grow a good "gut garden"—and enjoy healthier, happier lives.

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