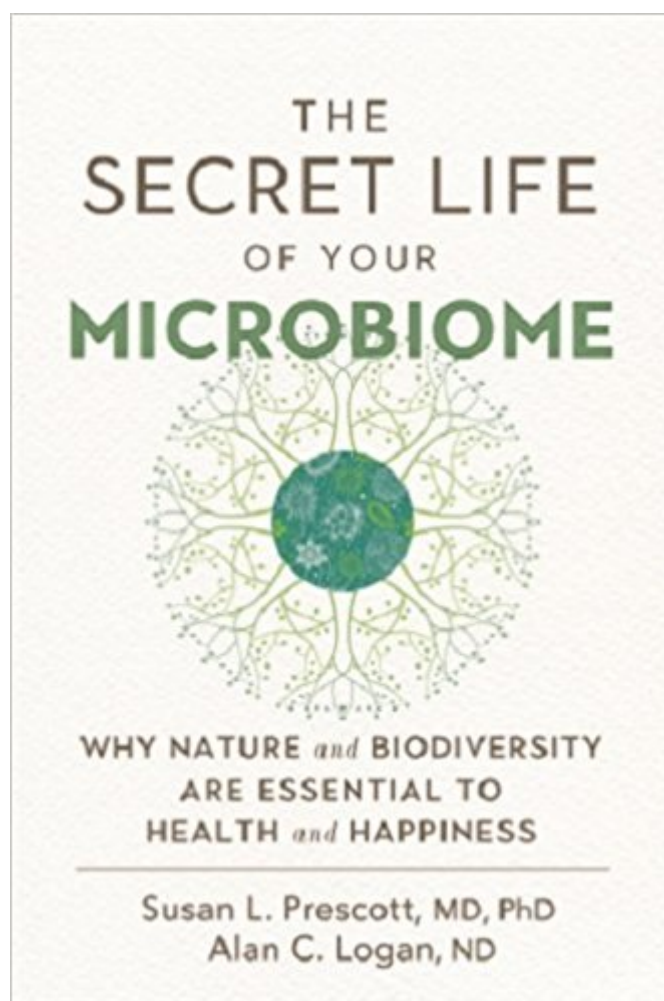


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The Secret Life Of Your Microbiome: Why Nature And Biodiversity Are Essential To Health And Happiness



Synopsis

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 nature. Dr. Susan L. Prescott, MD, PhD is an internationally acclaimed immunologist and pediatrician. She has authored 250 scientific papers and *The Allergy Epidemic*, *The Calling*, and *Origins*. Dr. Alan C. Logan ND is a naturopathic doctor and researcher, a trusted media commentator, and co-author of *Your Brain on Nature* and *The Clear Skin Diet*. He and Prescott live in New York and Perth, Australia.

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Customer Reviews

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immune systems and an arsenal of antibiotics, pesticides, processed foods, and anti-bacterial 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 nature.

Praise for The Secret Life of Your Microbiome Secret Life is a deep dive in the relationships between human health and disease, the unseen microbial world and biodiversity – the essential determinants of all life. Although thoroughly scientific and easy to read, this book is one of its kind and a revelation for many. It will guide us to understand the health risks of cultural evolution, changes that may affect our survival and options for good life. Highly recommended! – Tari Haahtela, professor of medicine, University of Helsinki, Finland Brilliant read, a fascinating understanding of dysbiosis and encouraging all of us to look after our microbiome. – Professor Desiree Silva, pediatrician The Secret Life of your Microbiome skillfully repackages the intense science validating the fundamental role that our gut organisms play in virtually every aspect of our health. Not only do Drs. Prescott and Logan make this foundational information available to everyone, but in addition, Secret Life enables the reader to leverage these empowering discoveries and implement truly life-changing lifestyle modifications that will undoubtedly change their health destiny. – David Perlmutter, MD, author, #1 New York Times bestseller Grain Brain and Brain Maker In our age of information overload, reading and reflection are rare. With over 30,000 books published on related topics in the past ten years, I recommend strongly that you first read The Secret Life of your Microbiome. This book interprets our survival in the world, the immune system as our ambassador and negotiator in embracing the world (which we are not doing very well), and how we should engage holistically in attitude and action to thrive in our world. – Professor John Hearn, Executive Director, The Worldwide Universities Network Drs. Prescott and Logan provide an alternative approach as they highlight the relationships between all life and human lifestyle in the

biosphere....written for the interested lay reader but an excellent starter for those of us in the health professions that realise there is a growing need to explore alternative visions and approaches to health and wellbeing. I really enjoyed this book! • Julian Crane, MD, Research Professor, Department of Medicine, University of Otago, New Zealand

Drs. Prescott and Logan sketch an intriguing, optimistic narrative of microbes, the microbiome they constitute and the emerging microbiome revolution as driving forces in creating, sustaining and reclaiming health wellness and wellbeing. They provide evidence-based and inspiring insight on how to survive the

• while • savoring the biosphere. • As such, *The Secret Life* is a must read for health professionals and laypersons alike. • Dr. Michael Garko, Ph.D., nationally syndicated host/producer, *Let's Talk Nutrition* This delightful book makes very complicated subjects digestible for the lay reader, but is also a good read for the scientist. It beautifully ties every level of biological organization together, from the earth as a whole to the tiniest of organisms, and shows how they are all inter-related and even more importantly, interdependent. Written with humor and compassion, this work demonstrates how humanity has done a very poor job of stewardship of Planet Earth, especially over the last 100+ years, but provides many suggestions for reversing that direction. • Christine Cole Johnson, PhD, MPH, Chair, Department of Public Health Sciences, Annetta R. Kelly Endowed Chair, Henry Ford Hospital and Health System

Drs. Prescott and Logan and have encapsulated an answer that allows us to understand why we live as we do, how our lifestyle choices connect with our immune system and neurobiology. By explaining how we got here, they also provide an answer as to how we can change the ways we engage with the hustle and bustle in order to thrive. This book is a must read for anyone hoping to live in an authentic, and grounded life. • Martin Katzman

Sprinkled throughout *The Secret Life of Your Microbiome* are delightful historical quotes from medical and science scholars that make the book a joy to read. This book paves the way to better understanding the connection between our internal and external environment through understanding the necessity of promoting diversity of the microbiome from inside to out • from our gut, to our skin and the environment that we live in. An excellent read! • Alison C. Bested MD FRCP, Director, Student Research Development, Chair, Integrative Medicine, Associate Professor, College of Osteopathic Medicine, Institute for Neuro-Immune Medicine

This beautifully written and important book needs to be widely read and studied. *The Secret Life of Your Microbiome* is ultimately giving us the key to achieving health and longevity. I am really excited about this book. A must read! • Eva Selhub, MD, Tufts University, Department of Nutrition

Alan Logan and Susan Prescott present a conceptual framework for understanding human health that goes far beyond diseases or mechanisms, and intimately connects our health with the

health of our planet. âfascinating and highly engaging to read, The Secret Life of Your Microbiome brings together new concepts and information that may be key for our survival. âProfessor Felice Jacka, Director, Food and Mood Centre, Deakin University

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