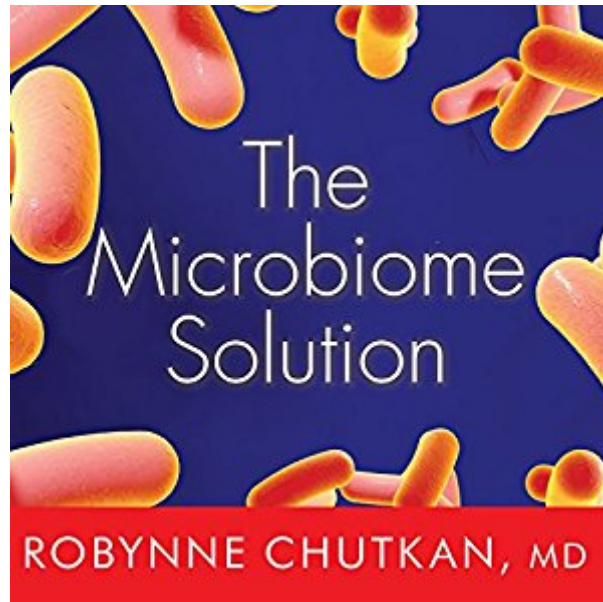


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# The Microbiome Solution: A Radical New Way To Heal Your Body From The Inside Out



## Synopsis

In *The Microbiome Solution*, Dr. Robynne Chutkan, a preeminent gastroenterologist, explains how the standard Western diet and our super-sanitized lifestyles are starving our microbiomes, depleting the "good bugs" that are crucial for keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria, which can leave us vulnerable to a host of autoimmune and chronic health conditions. Here, she shares her powerful program of simple yet effective lifestyle and diet changes to help you recover and reverse the damage, along with practical advice throughout, including: An overview of the "modern microbial disrupters" that are stripping our bodies of their natural protective systems Delicious, nourishing recipes that actually encourage the growth of good bacteria A list of important questions to ask your doctor if you have been prescribed an antibiotic A guide to choosing the right probiotics and supplements Critical information on how to prevent and recover from health conditions like eczema, chronic fatigue syndrome, Crohn's disease, colitis, IBS, and more

## Book Information

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## Customer Reviews

We live in a new age of weird diseases and symptoms -- many traveling under the "auto-immune" banner. People by the droves go to their primary care doctors and complain of stomach and digestive ailments (bloating, food allergies, abdominal pain), light-headedness, fatigue, skin rashes, eczema, rosacea, and worse. Their doctors, in turn, follow the protocols of their training and order up standard tests in search of something physical. The tests come back negative. Now doc is

beginning to wonder if he has a hypochondriac on his hands, and the patients either persist or resign themselves to pain and misery, becoming depressed as symptoms continue to plague them. Sometimes more tests are ordered, but seldom is a solution found. It's a bad scene all around. Welcome to the world of microbes, the artful dodgers (at least when it comes to standard medical tests). If you fit the description above, you should be reading Dr. Chutkan's latest book. She talks about "dysbiosis," a widely prevalent but seldom diagnosed condition where the microbial community in your body is way out of whack -- low on good bacteria and high on pathogens (bad bacteria) due to a host of modern-day causes: the accumulated ravages of antibiotic treatments, alcohol consumption, stress, diet (specifically lack of enough fiber, vegetables, fruits, fermented foods and too much sugar, carbs, processed "food," genetically-modified food), antacid use, NSAID use, birth-control pill regimes, chemotherapy, and artificial sweeteners. As patients feel sicker, doctors unknowingly feed the flames by prescribing more pain medication, antibiotics, etc., to try to alleviate symptoms and show their patients that they are "doing something." Vicious, meet circle. The misery continues.

The Microbiome Solution by Robynne Chutkan is a blockbuster that opened my eyes to the infancy of an amazing discovery that is likely to change the way doctors practice medicine. It makes me think back in history to the era when doctors probably believed they were on the cutting edge (no pun intended) when "bleeding" patients was thought to be a sound medical treatment. Some day we may look back of the "miracle of antibiotics" like we do the "bleeding" treatment. Dr. Chutkan is an excellent communicator. In lay language she explains the importance of the human microbiome and how our health and well-being is dependent on the variety and abundance of these bacteria. Our "gut bacteria" have a variety of healthy, symbiotic and pathogenic one cell life that maintain our health. Antibiotics in medicine and the type of food we eat disrupt the balance of these micro floras. Pesticides, antibiotics, processed and genetically altered foods, antibacterial soaps, shampoos, and our assumption of what constitutes the practice of healthy hygiene negatively impact on our health. This easy to read and understand radical new way to heal our bodies from the inside out is an intriguing read that opened my eyes to a whole new way of thinking. In 340 pages, this enlightening gastroenterologist introduces readers to the reality of our predicament and the next step in changing our life for the better. This is cutting edge information that you will not want to miss. It provides important questions that you need to ask your health care providers before accepting prescribed medicines. This book provides the mind changing alternatives to every day practices that we did not realize were harmful.

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