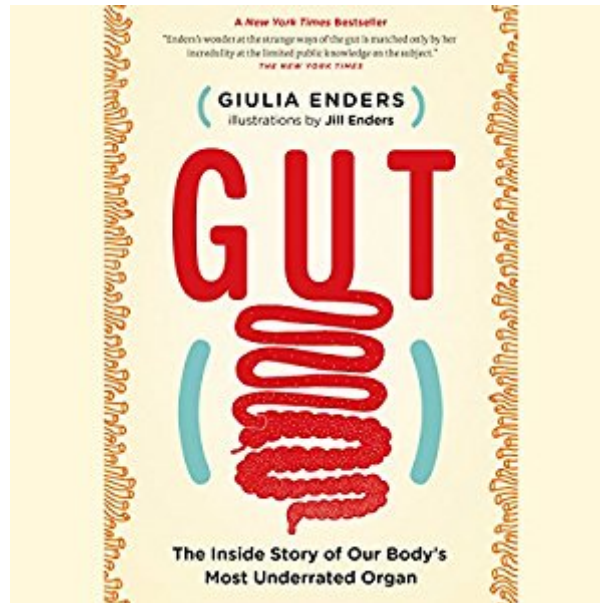


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Gut: The Inside Story Of Our Body's Most Underrated Organ



Synopsis

Our gut is almost as important to us as our brain, yet we know very little about how it works. *Gut: The Inside Story* is an entertaining, informative tour of the digestive system from the moment we raise a tasty morsel to our lips until the moment our body surrenders the remnants to the toilet bowl. No topic is too lowly for the author's wonder and admiration, from the careful choreography of breaking wind to the precise internal communication required for a cleansing vomit. Along the way, the author provides practical advice, such as the best ways to sit on the toilet to have a comfortable bowel movement, how clean your kitchen should be for optimum gut health, and how different laxatives work. She tells stories of gut bacteria that can lead to obesity, autoimmune diseases, or even suicide, and she discusses the benefits of dietary supplements, such as probiotics. This book is a fascinating primer for anyone interested in how our ideas about the gut are changing in the light of cutting-edge scientific research. In the words of the author, "We live in an era in which we are just beginning to understand just how complex the connections are between us, our food, our pets, and the microscopic world in, on, and around us. We are gradually decoding processes that we used to believe were part of our inescapable destiny."

Book Information

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Customer Reviews

I have a variety of stomach issues that I have had for quite some time now. My gastro doctor recommended that I read this book, and I am glad I did! It is surprisingly a very easy and fun read (yes, the author made a book about the gut fun to read!). There is a ton of great information about the anatomy of your gut and how it effects your brain, mood, and immune system. It addresses all

types of stomach issues, like gluten sensitivity and how good bacteria and probiotics can help you. Probiotics can be a life saver for your gut, helping to keep your immune system and digestive system running perfectly. A probiotic supplement is crucial for your digestive system, and Nutratch's probiotic supplementÂ Probio-15 - Promote Digestive and Colon Health While Improving Immune function with this Powerful Probiotic and PrebioticÂ is the absolute best that I have found. Read this book and get this probiotic supplement, they will change your life!

The first chapters of on gut anatomy and mechanics are a delight, written with authority and high spirits in equal measure. I learned a lot. Enders has a lively sense of curiosity and humor, and an endearing habit of anticipating readers' questions and answering them with great detail and patience. I loved the details. I was disappointed in the later chapters, maybe because I know more about the microbiome than about gut workings. There was too much "truthiness," too many trendy hypotheses and scientific urban legends presented as fact. Martin Blaser's hypothesis that loss of *H pylori* is behind the epidemic of asthma is fascinating, maybe even true, but not yet evidence-based. There is no real evidence that *H pylori* causes Parkinsonism, or toxo (cat parasite) schizophrenia. There's no problem in presenting these as intriguing hypotheses, as long as you don't give the impression they are well established science. Perhaps the strangest was the blithe claim that salmonellosis in German eggs is caused by farmers buying cheap grain from Africa, where random turtles walk about in the fields pooping on seeds. Leaving aside the xenophobia, most outbreaks of *Salmonella* do not come from strolling exotic reptiles but from domestic, endemic infections in livestock. Recently, Germany has spawned numerous European outbreaks of salmonellosis in the old-fashioned way: poorly regulated high-density factory farming with birds crammed into tiny, filthy cages. The most recent outbreak of *Salmonella enteritidis* PT14b has resulted in nearly 300 cases, and one death in the U.K. It has been traced to Bayern Ei, a notorious egg producer in Bavaria. In the U.S., Aldi's has recalled contaminated German chocolates from its shelves...<http://www.eurosurveillance.org/ViewArticle.aspx?ArticleId=21098>

I don't believe I've ever learned more useful information per page than in "Gut" -- and I'm trained as a doctor! The whole time I'm reading this, I'm shaking my head, thinking, "How come we weren't taught that in med school?" A longer, more thorough review is forthcoming, but in the meantime, if you are a fan of eating or have ever eaten in your lifetime, ever had a "gut feeling" about anything, or happen to possess a digestive tract, you need to read this. Is there anything more fundamental than knowing how your body extracts energy and nutrients from food? Dr Giulia Enders covers all

aspects of the gut and how it relates to your mind, mood, hormones, and health, and does it all in a style that's accessible to the 10yr old and enjoyable to the seasoned professional. Also, she's freakin' hilarious. More to come.-- Ali Binazir, M.D., M.Phil., author of [...], the highest-rated dating book on for 3+ years

I learned some stuff about the stomach I had no clue about. There is some really good info about current science around the gut flora along with stuff about food digestion such as oils, carbs, meats and how they are digested. There are some nice images along the way that are light hearted and helpful to explain the process. Overall it is a fun read and I highly recommend it.

I was looking for information on the digestive track, the bowels and how it all works. All I found until I saw a review for this book were either textbooks or diet books. For me this is a very timely book. I highly recommend it.

What an interesting book on a, at first sight, tricky subject. I wanted to read out loud every single page of it to my wife, who thought I was crazy to read this book, because it is a string of continuous information on how our body works. I could not put it down until the end. I wish I had a perfect memory to remember it all.

Superb, well-written, hugely interesting and informative. I have a very specific diet these days (after years of being told (wrongly, as it turns out) that I had IBS) as I've learned to respect what I actually put into my body, and the foods that I choose to eat. This book joins a select few that I have found informative and greatly helpful in understanding how food, as fuel, is welcomed (or otherwise) by, and interacts with, my body and my brain. The gut is a far more complex system of organs than was thought just a couple of decades ago, and new research is increasingly demonstrating how gut health is linked to other aspects of overall human health, including the brain and the immune system, and in very recent times the links between the gut and perhaps more unexpected problems like anxiety. This book nicely explains to the layman how we can all better understand this often problematic and seemingly underappreciated part of our bodies.

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