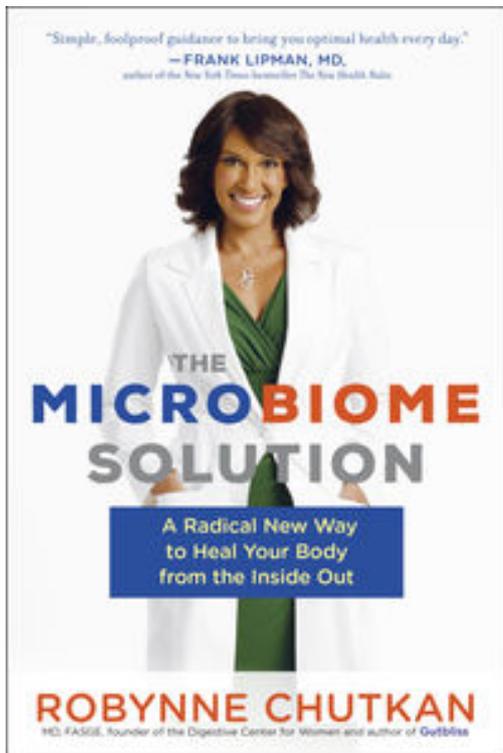


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Michael Pollan's widely discussed *New York Times* article, "Some of My Best Friends Are Germs," was just the tip of the iceberg. The microbiome—the collective name for the trillions of bacteria that live in our gut—is today's hottest medical news 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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If you realize your the microbiome solution so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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