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The Mind-Gut Connection: How The Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, And Our Overall Health

THE Mind-Gut CONNECTION



How the
Hidden Conversation
Within Our Bodies Impacts Our Mood,
Our Choices, and Our Overall Health

Emeran Mayer, MD

Read by Traber Burns

Unabridged



Synopsis

Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of *Wheat Belly* and *Grain Brain* that conclusively demonstrates the inextricable biological link between mind and body. We have all experienced the connection between our mind and our gut - the decision we made because it "felt right"; the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we're stressed out. While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Ayurvedic and Chinese medicine, Western medicine has failed to appreciate the complexity of how the brain, gut, and, more recently, the microbiome - the microorganisms that live inside us - communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, executive director of the UCLA Oppenheimer Center for Neurobiology of Stress and Resilience, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. *The Mind-Gut Connection* describes: Why consuming a predominantly plant-based diet is key for gut and brain health The importance of early childhood in gut-brain development and what parents can do to help their children thrive The role of excessive stress and anxiety in GI ailments and cognitive disorders How to "listen to your gut" and pay attention to the signals your body is sending you And much more

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Customer Reviews

There is sure no shortage of trade books on the microbiome and the list of books is bound to

proliferate given the popularity of the topic. This book separates itself from the pack in a number of ways. First, Dr Mayer is one of the select group of scientists worldwide whose work has helped fuel research into what we know about the microbiome and its importance to our health. While other scientists saw painful medical disorders like irritable bowel syndrome as a psychosomatic disorder • Dr Mayer was conducting research showing that the brain has a far more powerful and complex role in tipping the balance between health and illness than just governing our mental wellbeing. Because he knows what he is talking about, the reader can feel confident that the material is accurate, trustworthy, and backed by evidence tested in rigorous laboratory settings. This is no small feat among the growing number of books chock full of half-truths, exaggerations, and outright inaccuracies that make it hard for the reader to separate fact from fiction. Second, Dr Mayer emphasizes the importance not only of how our mood, behaviors like our activity level and what we eat and drink, and mindset can impact the collection of microbes that colonize the human body but how our microbiome can in turn impact the brain. There is no other book available that covers so much terrain with such expertise and precision. Third, the book is an easy read, written in such an engaging and non-technical manner that even the person whose last science book was in 10th grade bio class will find this book a pleasure to read, making it far and away the best microbiome book out there for general audience.

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