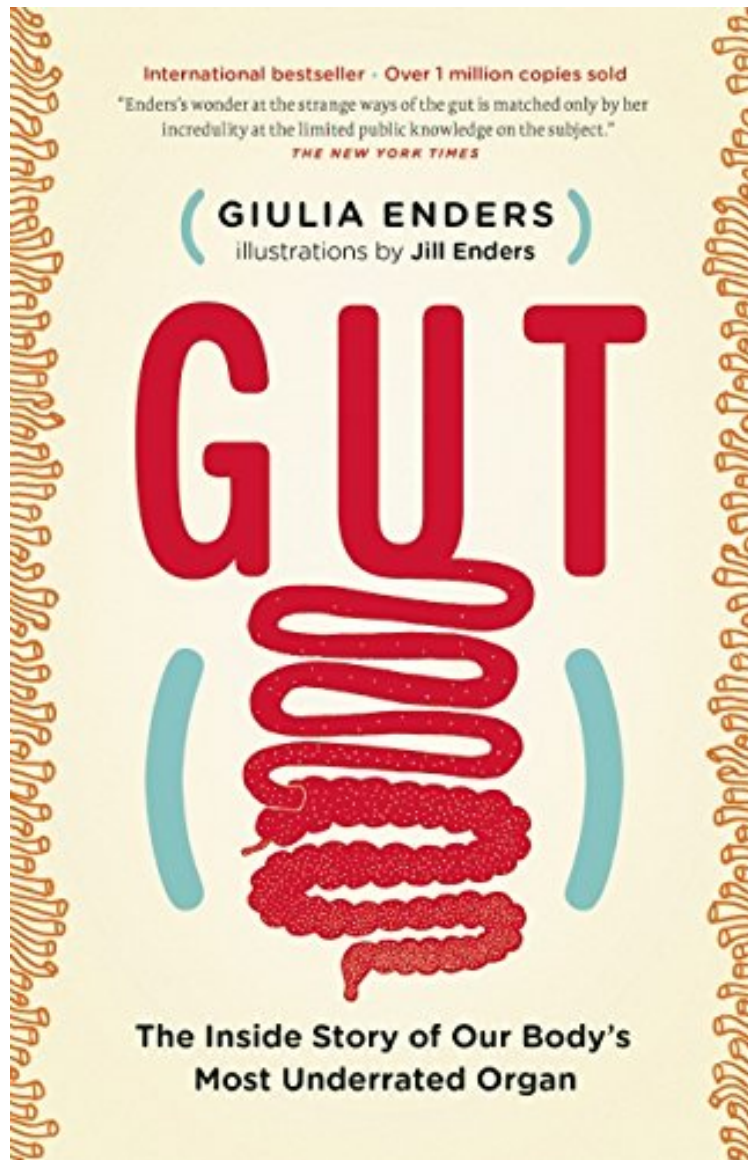


[Get free] Gut: The Inside Story of Our Body's Most Underrated Organ

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

Giulia Enders

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Giulia Enders : Gut: The Inside Story of Our Body's Most Underrated Organ before purchasing it in order to gage whether or not it would be worth my time, and all praised Gut: The Inside Story of Our Body's Most Underrated Organ:

277 of 291 people found the following review helpful. Lively writing and fun facts, not all of them trueBy MollyThe 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=210981> of 1 people found the following review helpful. Making Sense of How Things Work By Trude K. Wow. From the get-go there is a down to earth narrative explaining just how important our immune system is. Then, the book explains processes of digesting and illustrates ideas of how to work with your gut to help it perform it's functions as best as it can. It speaks technically and of the chemical elements at play in our systems. I appreciate the ability of the author to translate that complicated chemistry or function into concepts readily accessible to understand. There are suggestions of things to pay attention to that indicate either good health or a problem. Then, the advice offered gives clues about possible worries and/or how to approach speaking to your doctor about specifics. Win/win. I would recommend reading it to get reliable guidelines to build good health practices. Very encouraging..12 of 13 people found the following review helpful. New information on every page By mdehuu 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.

A New York Times Bestseller A cheeky up-close and personal guide to the secrets and science of our digestive system For too long, the gut has been the body's most ignored and least appreciated organ, but it turns out that its responsible for more than just dirty work: our gut is at the core of who we are. Gut: The Inside Story of our Body's Most Underrated Organ gives the alimentary canal its long-overdue moment in the spotlight. With quirky charm, rising science star Giulia Enders explains the gut's magic, answering questions like: Why does acid reflux happen? What's really up with gluten and lactose intolerance? How does the gut affect obesity and mood? Communication between the gut and the brain is one of the fastest-growing areas of medical research on par with stem-cell research. Our gut reactions, we learn, are intimately connected with our physical and mental well-being. Aided with cheerful illustrations by Enders's sister Jill, this beguiling manifesto will make you finally listen to those butterflies in your stomach: they're trying to tell you something important.

"Enders's wonder at the strange ways of the gut is matched only by her incredulity at the limited public knowledge on the subject." The New York Times "With a great sense of humor and ample enthusiasm, Enders explains everything readers did and didn't want to know about their innards ... this book defies boring." Publishers Weekly "This primer is everything you ever wanted to know about the gut (and then some), chattily and accessibly written in a uniquely Millennial and matter of fact way. An unexpected page turner. ... Her excitement about the subject matter is infectious. The fun yet informative black and white drawings throughout are her sister's handiwork. Refreshingly devoid of recipes, or any self-help-y language." Self Magazine "... a truly bottoms-up approach to our digestive health, smoothly moving us through the inner workings of our gastrointestinal tract." Anish Sheth, MD, author of What's Your Poo Telling You "Gut's probe into the human digestive system might be seen as an earnest younger sibling to Gulp, Mary Roach's 2013 investigation into the same subject. The comparison isn't meant as a slight; Enders swaps out Roach's knowing wryness with a kind of puplike enthusiasm for the complex mechanisms that convert food into a body's energy and waste without our even thinking about it." The National Post