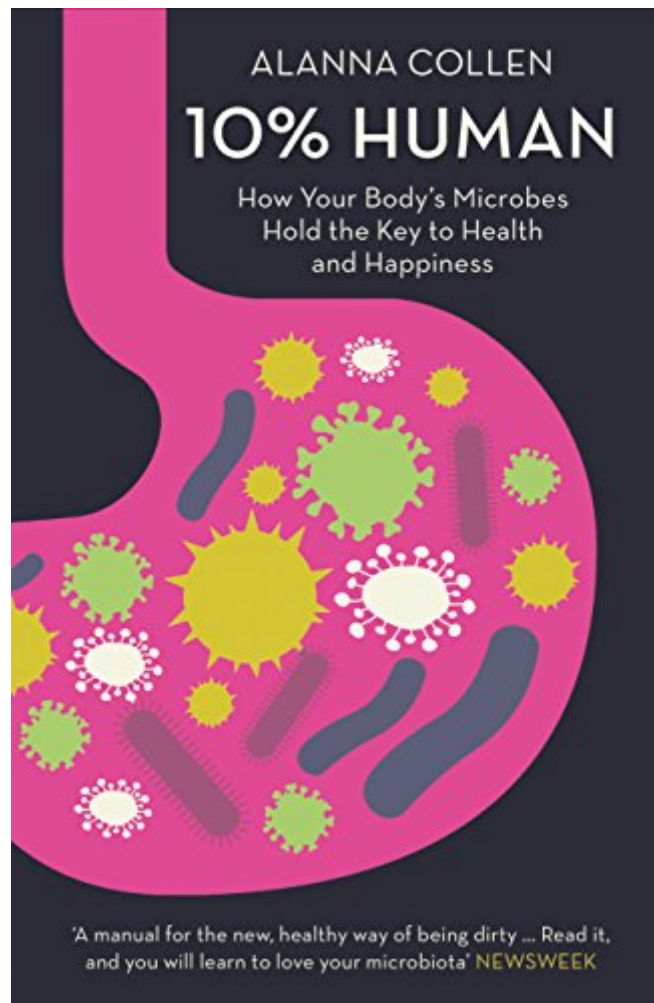




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10% Human: How Your Body's Microbes Hold The Key To Health And Happiness



Synopsis

Obesity, autism, mental health problems, IBS, allergies, auto-immunity, cancer. Does the answer to the modern epidemic of “Western” diseases lie in our gut? You are 10% human. For every one of your cells, there are nine impostors hitching a ride. You are not just flesh and bone, but also bacteria and fungi. And you are more “them” than you are “you”. Your gut alone hosts 100 trillion of them and until recently we thought that our microbes didn’t matter. This is all set to change as the latest scientific research tells a very different story, one where microbes run our bodies and becoming healthy is impossible without them. In this ground-breaking book, biologist Alanna Collen reveals how our personal colony of microbes influence our weight, immune system, mental health and even our choice of partner. This is a new way of understanding modern diseases “ obesity, autism, mental health problems, gut disorders, allergies, auto-immunity and even cancer “ as she argues they have their root in our failure to cherish our most fundamental and enduring relationship: that with our microbes. Illuminating many of the questions still unanswered by the human genome project 10% Human completely changes our understanding of diet, modern disease and medicine. The good news is that unlike our human cells, we can change our microbes for the better and this book shows you how. A revelatory and indispensable guide: life “ and your body “ will never seem the same again.

Book Information

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Customer Reviews

This writer provides a very readable book after researching the PEER REVIEW JOURNALS that contain the research she refers to in the book. She does not serve up her opinions very often and simply presents the research in an accessible style that most adults could read and understand. Other books about gut microbes are not as firmly based on peer review articles as this book is. Collen is an evolutionary PhD biologist which is essential in understanding this particular topic. Very briefly, bacteria were the only organisms on the planet for about 3 BILLION years. All other organisms that have arisen on Earth were born into a sea, an ocean of bacteria. And all of those organisms have had to deal with that bacterial ocean... or die. It's really no wonder the bacteria are the ones that are really controlling things. I am in my 30th year of teaching community college biology courses for nursing students and my degrees are both in microbiology. There's a lot of junk pseudoscience out there... but this book is not one of those. Here in my last year of teaching, we are reading this book as a supplement to our regular text, and going through each chapter as a class. If you don't read this book, you are missing out on a lot of answers to yours and our chronic health problems... from autism, obesity/overweight, allergies, diabetes, autoimmunity, antibiotic overuse, and diet. How we cultivate our microbiome is the key to understanding health in the 21st century. Without any reservations, I recommend this read.

This is a 'DO NOT MISS' book! The writing is superb, clear, easy to understand, flows like oil. The content is important, fascinating, eye-opening. It opens up a whole new way of thinking about our health, our genome, our environment, our ways of eating and handling illness, and specifically the vast new understanding about how we live as a team with the beneficial micro-organisms which live within us and serve us. I can't say enough how much I appreciate this book. It's one of the few books I will read a second time. I'm recommending it to all my family members....

Best health book I have read. I love reading novels, but tend to skim non-fiction for specific information. So, when I found myself staying up half the night and trying to carve out time to continue reading this book, I was amazed. It is extremely well written. The science is all there for those of us with an interest, but the best part is that every conjecture was backed with a scientific

study and sound logic. I look forward to her next book.

There are a lot of announcements in the News Media about different health concerns that I find questionable or just plain ridiculous. The author of this book takes the time to walk through a very real approach to handling many health concerns and does so in a manner that satisfies my science background. My thanks to Alanna Collen.

very readable, chock full of information, data, facts, figures and real-person stories. a great introduction to the notion that we are sacks of protoplasm designed to carry around all manner, in fact trillions upon trillions, of microbiota. i have had personal experiences that are relevant to the subject matter, so it makes this read particularly pertinent and interesting to me, personally.

This thoroughly readable book is a blessing for those searching for causes and possible solutions to undiagnosed diseases. We need authors like Alanna Collen who can gather and explain the research that is going on in terms laypeople can understand. Thank you for this eye opening book..

Cutting-edge science shared in very readable format. The world of microbes is the new frontier of science, similar to what astronomy was when the telescope was invented. The influence microbes have not only on our health but also on our disposition and personality is nothing short of astonishing. They may even hold the secret to why so much of the western population carries so much extra weight.

A fascinating and informative read. I keep up with current scientific discoveries via Science News and Scientific American magazines and this information is up to date for at least the date it was published a few years ago. I have changed the way that I eat and think about food. I'm recommending it to all my friends.

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