

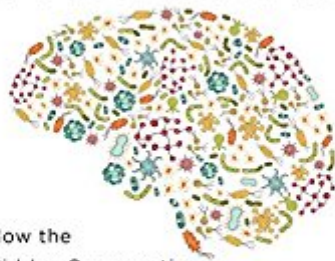


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The Mind-Gut Connection: How The Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, And Our Overall Health

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. Finally, as a gifted clinician, Dr Mayer concludes the book with some nuts and bolts strategies for how to make simple lifestyle changes that put in practice what microbiome research tells us about how to optimize our health.

A+: Recommend wholeheartedly-- Dr Jeffrey Lackner, Behavioral Medicine Clinic, University at Buffalo, SUNY

This book is exceedingly helpful and informative. My husband, who is a professor in the Medical School at UCLA, and I are captivated by this important and cutting-edge work. I was fortunate enough to have Dr. Mayer as my physician years ago and he cured me of my IBS. This work explains clearly the connection between the mind and the gut, which is bidirectional, it is utterly fascinating. There are few professionals with the combination of care, compassion, concern, dedication and knowledge that Dr. Mayer possesses. It is a gift to us that he wrote this outstanding book. I strongly recommend this vital book. He is an exceptional physician, as he looks at the whole person and the interconnection with the mind, body, emotions and spirit, sadly, a rare combination in today's medical practice..

The Mind Gut Connection is informative and extremely well written. Anyone from layperson to

physician can derive meaningful knowledge about the gut-brain-axis - how we evolved and how we are controlled by the interplay of its multifaceted connections. If you want to know who you are from a "gut level" read this book!

In the beginning of the book in explaining how the mechanical model of the body has been superseded by a computer model Dr. Mayer sets the stage for the clear explanation of the interconnection between mind and gut. His description of personal histories which might predispose patients to develop IBS are also very interesting and seem quite plausible. As a person who has just been diagnosed with IBS I found the book helpful in thinking about how to handle the issues the disorder presents.

This is my favorite book that I've ever read. Dr. Mayer does a fantastic job explaining the microbiome and the experiments that show just how important it is. He also shows how it's connected to the brain and the many diseases that the brain is connected to.

Although the book has a lot of technical writing in it, make sure to read it slowly and carefully and see how the pieces fit together and really become the wake up call to see the strong connection between mind and gut. Really makes you sit back and think about it!

I am rather mesmerised by the lengthiness of the paragraphs, they could very much be more concise but the ease in reading them all gradually provides for readers transitions after transitions; on basic health awareness, pre-existing methods by modern technologies can pick out the good and harms our microbes can do to us. Though repetitive many times across, the book describes them well in a rather systematic manner.

I've recently heard Dr. Mayer's interview on my local radio station, and as soon as I got home, I ordered the book. I've been recently diagnosed with IBS, and I found this book very helpful. Dr. Mayer's credentials are impressive. He has been studying the connections between the digestive system and the brain for many years. It is so exciting to find someone who is an expert in this area, and who approaches the topic with the appropriate breadth and clarity. The book is easy to read and includes plenty of statistical evidence, medical studies, and helpful advice. It is fascinating to read, and I highly recommend it.

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