

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

Emeran Mayer - pdf download free book

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Advance Praise for
The Mind-Gut Connection

"Dr. Emeran Mayer masterfully weaves the leading edge of neuroscience that links all manner of brain functions to what goes on in the digestive system. The Mind-Gut Connection presents the incredibly fascinating reality that our very perception and interpretation of the world around us is directly dictated by the microbes living within us. This book not only shows what it means to be healthy and eloquently provides the access to manifest that goal."

—David Perlmutter, MD, author of *The Brain Don't Lie* and *Grain Brain*

"Drawing on his vast experience as a practicing gastroenterologist, Dr. Emeran Mayer writes about the connections that our brains have with our guts, especially with the microbes that make the gut their home. Incredibly a timely advance in our knowledge. This thoughtful and easy-to-read guide provides practical advice to improve health."

—Martin J. Blaser, MD, author of *Missing Microbes*

"After a long period of neglect, the entire medical profession has been awakened to the second brain. Dr. Emeran Mayer, a true expert on this topic, has now written the best top public guide yet to this spectacular part of ourselves. I recommend reading!"

—Antonio Damasio, MD, PhD, author of *Descartes to Mind*

"I have known Emeran Mayer for years and have learned to pay attention to what he says and writes. The Mind-Gut Connection is a delight. It is both scholarly and fun to read, and highly recommended to anyone interested in learning more about how the mind and gut communicate."

—Michael D. Gershon, MD, author of *The Second Brain*

"Microbiome research has revolutionized our understanding of the human body and the brain. In *The Mind-Gut Connection*, Dr. Emeran Mayer provides authoritative insight into this rapidly expanding field. Synthesizing recent research with patient stories and general guidelines, he offers practical, evidence-based recommendations to keep the dialogue between the brain, the gut, and its microbes flowing smoothly."

—Rob Knight, PhD, author of *Inner Space* and director of the Center for Microbiome Innovation, UC San Diego



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Description:

Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of *The Second Brain*, and *The Good Gut* that conclusively demonstrates the inextricable, biological link between mind and the digestive system.

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 we get 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 by and large failed to appreciate the complexity of how the brain, gut, and more recently, the gut microbiota—the microorganisms that live inside our digestive tract—communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, professor of medicine and executive director of the UCLA Center for Neurobiology of Stress, offers a revolutionary and provocative look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health and listen to the innate wisdom of our bodies.

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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