

[PDF] The Probiotics Revolution: The Definitive Guide To Safe, Natural Health Solutions Using Probiotic And Prebiotic Foods And Supplements

Sarah Wernick, Gary B. Huffnagle - pdf download free book

Books Details:

Title: The Probiotics Revolution: Th

Author: Sarah Wernick, Gary B. Huffn

Released: 2008-06-24

Language:

Pages: 432

ISBN: 0553384198

ISBN13: 978-0553384192

ASIN: 0553384198



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly Holding antibiotics and poor diet responsible for any number of autoimmune disorders-allergies, asthma, skin problems and chronic inflammation-renowned immunology specialist Huffnagle presents, with infectious enthusiasm, the cure for a trigger-happy

immune system: probiotics, the good microbes found in fermented foods like yogurt, aged cheese, kefir and kimchi. Once probiotics are introduced to the system, they begin killing off potentially harmful bugs by competing for resources; the resulting balance, Huffnagle shows, will restore proper immunologic function. Huffnagle covers a wide range of territory-including a thorough breakdown both of the immune system and antibiotics-in plenty of detail, but never crosses into textbook-style droning thanks to freelance writer Wernick, who keeps Huffnagle's research friendly and condescension-free. Quizzes, illustrations and personal testimony break up Huffnagle's assertions and the scientific studies that support it, and numerous charts on sources, supplements and substitutions make the shift to a probiotic-rich diet simple. There's no wonder product touted here, just good honest food, some of which-like yogurt, miso and sauerkraut-have likely been used for thousands of years to maintain proper health. Demystifying the digestive and immune systems, the authors present a convincing health plan that's easy to understand and to follow.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the edition.

Review “Our culture has gone way too far in its war on germs. The end result is bacterial imbalances that are implicated in everything from allergies and asthma to chronic fatigue and heart disease. **The Probiotics Revolution** is must reading for everyone who is interested in achieving or maintaining vibrant health.”—Christiane Northrup, M.D., author of **Women’s Bodies, Women’s Wisdom** and **The Wisdom of Menopause**

“Probiotics represent the next wave of health and healing. Whether you are concerned about your immune system, digestion, hormones, allergies, or skin, **The Probiotics Revolution** provides cutting-edge research with down home and practical solutions.”—Ann Louise Gittleman, Ph.D., C.N.S., author of *The Fat Flush Plan*

From the Hardcover edition.

- Title: The Probiotics Revolution: The Definitive Guide to Safe, Natural Health Solutions Using Probiotic and Prebiotic Foods and Supplements
- Author: Sarah Wernick, Gary B. Huffnagle
- Released: 2008-06-24
- Language:
- Pages: 432
- ISBN: 0553384198
- ISBN13: 978-0553384192
- ASIN: 0553384198
