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Gut



Synopsis

The key to living a happier, healthier life is inside us. Our gut is almost as important to us as our brain or our heart, yet we know very little about how it works. In *Gut*, Giulia Enders shows that rather than the utilitarian and - let's be honest - somewhat embarrassing body part we imagine it to be, it is one of the most complex, important, and even miraculous parts of our anatomy. And scientists are only just discovering quite how much it has to offer; new research shows that gut bacteria can play a role in everything from obesity and allergies to Alzheimer's. Beginning with the personal experience of illness that inspired her research and going on to explain everything from the basics of nutrient absorption to the latest science linking bowel bacteria with depression, Enders has written an entertaining, informative health handbook. *Gut* definitely shows that we can all benefit from getting to know the wondrous world of our inner workings. In this charming book, young scientist Giulia Enders takes us on a fascinating tour of our insides. Her message is simple: if we treat our gut well, it will treat us well in return. But how do we do that? And why do we need to?

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Customer Reviews

The first chapters 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=21098>

I learned a lot that I did not know! I couldn't probably pronounce or remember all these scientific names. The author put things in a way that was delightfully funny and painted a picture of how our Gut works. What an amazing piece of work. The more we understand how our bodies work, the more we can treat them right and hopefully be healthier. I've always believed that what you eat is how your health will go except for some of the major disasters in this life that are out of our control. Take care of your marvelous bodies and learn about how they work!

This is a remarkably insightful book, on what is, admittedly, a strange subject. I have a pretty good knowledge of biology but I am not a scientist or a medical professional. Ms Enders wrote a book that does not require an advanced degree to understand. I knew very little about "gut" bacteria before I read the book and I found the research presented here fascinating. A lot of research has been done on the subject in the last four years or so, and our bacteria turn out to have a much more complicated effect on our health than I understood. They appear to effect everything from our weight to our mental state. I highly recommend the book to people interested in how the human body works.

Well written, well researched and absolutely fascinating. As a medical practitioner I would note that the old adage of 'as people get older their conversations turn to health, wealth and their bowels' becomes truer and truer. I would hazard a guess that greater than 70% of people over 70 are in some way constipated and their bowels are a constant area of worry and preoccupation. This book

in a light hearted but factual way sheds light on the troubles that can occur in the GIT as well as many practical ways to handle these problems. The research into the relationship with the GIT and the immune system as well as the multiple feedback loops to the CNS I found intelligently written and very interesting. I commend and congratulate Ms Enders on a terrific job. Everyone should read this book.

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..

This is one the most fascinating books I have ever read. I never thought I would say that about book written about our gut, but it is true. The author is clearly a brilliant scientist. She also has a gift for writing about complex subjects in an understandable way. Plus, adds humor in all the right places. This adds up to an entertaining and enjoyable read that taught me a lot.If you haven't read this book, I strongly suggest you do. Fantastic, fantastic, fantastic book.

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.

As a physician pathologist, almost retired, the notion of microbiome did not exist this way while studying even 20 years ago. The third and most important part of the book is devoted to it.The magnitude of its importance as described in the book is extraordinary.I like the humorist way the book is written , but it also tempers the scientific side of it. It's a very good introduction to this specific topic.

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