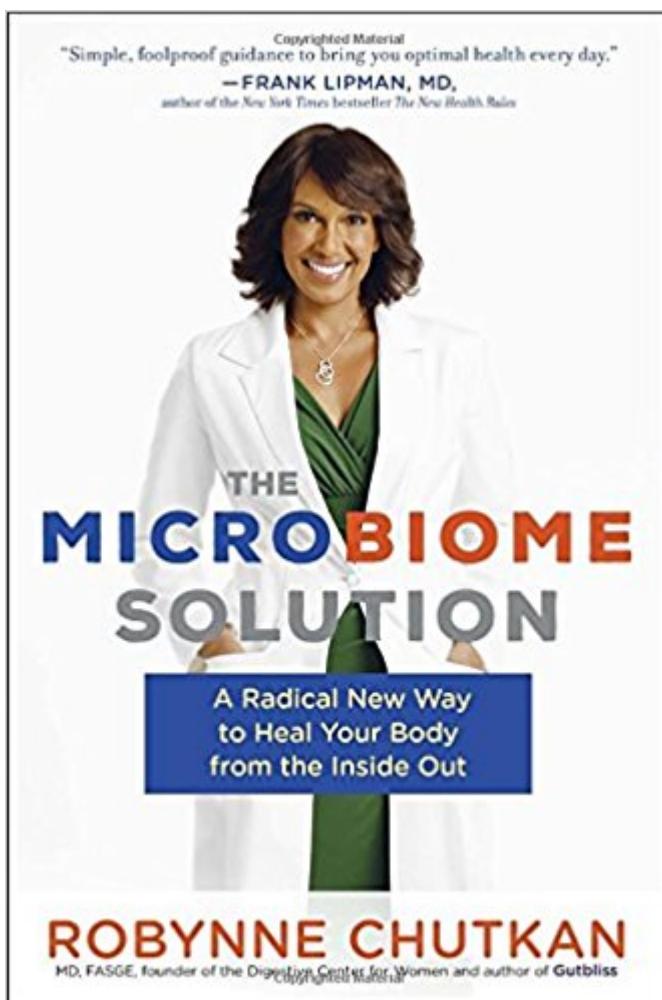


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The Microbiome Solution: A Radical New Way To Heal Your Body From The Inside Out



Synopsis

Live Dirty, Eat Clean—because every serious disease or chronic ailment begins in our gut. The author of Gutbliss and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. The microbiome—the collective name for the trillions of bacteria that live in our digestive tract—is today's hottest medical news topic. Dr. Robynne Chutkan explains how the standard Western diet and our super-sanitized lifestyle are starving our microbes, depleting the “good bugs” that are crucial for keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria. But, as Dr. Chutkan explains, there are effective lifestyle and diet changes we can make to reverse this damage. Dr. Chutkan has helped thousands of patients suffering from a disordered microbiome with her comprehensive Live Dirty, Eat Clean Plan, designed to remove damaging medications and foods, replace important bacteria that have been lost, and restore health. The Microbiome Solution offers: a microbiome overview, nourishing recipes, questions for your doctor, preventative and recovery health tips, and the next frontier for a severely troubled microbiome—the stool transplant. This is the first book to provide a practical, effective plan for replenishing and optimizing the vital ecosystem in our gut. Start living dirty and eating clean today to ward off disease and begin the path toward lifelong, vibrant health.

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Customer Reviews

Praise for The Microbiome Solution

“Gastroenterologist Chutkan (Gutbliss) makes a strongly argued proposal that people should 'live dirty' and 'eat clean'...A thoughtful approach to health and wellness that is well worth the time of readers.”

•Publishers Weekly

“We are truly in the middle of an epidemic through our diet and our lifestyle we are unwittingly destroying the good bacteria in our bodies, the crucial allies we need to arm us against disease. In this life-changing book, Robynne Chutkan gives you simple, foolproof guidance to repair this vital ecosystem and bring you optimal health every day. Read this important book and discover the small changes that can make a huge impact.”

• Frank Lipman, M.D., founder of Eleven-Eleven Wellness Center and author of *The New York Times* bestseller *The New Health Rules*

“The exciting research on the microbiome has the promise to help many take charge of their health and reverse chronic ailments. But what is so groundbreaking about this book is that it shows you how to put these scientific breakthroughs into practice, step-by-step. With Dr. Robynne Chutkan as your guide, you'll understand how overuse of antibiotics, the standard Western diet and a super-clean lifestyle starve your microbiome, and learn the essential tools to attain sustainable good health. This book is empowering, and indispensable for anyone trying to get or stay well.”

• Terry Wahls, M.D., author of *The Wahls Protocol*

“I whole-heartedly agree with Dr. Chutkan that there is a rising epidemic of vague symptoms often attributable to a damaged microbiome, from bloating and food intolerances to brain fog and weight-loss resistance. Her mantra 'Live dirty, eat clean!' is a scientifically-sound solution. Try her simple program and get ready to feel the changes immediately. It's the proven way to build up our 'good bugs' and keep your body strong and vibrant, ready to fight illness and disease. It's something we can all do, each and every day. You will truly transform your health!”

• Sara Gottfried, M.D., author of the *New York Times* bestsellers *The Hormone Cure* and *The Hormone Reset Diet*

“The Microbiome Solution is the medicine we all need to truly flourish.”

• Christiane Northrup, M.D., author of the *New York Times* bestsellers *Goddesses Never Age*, *Women's Bodies, Women's Wisdom*, and *The Wisdom of Menopause*

“We live in symbiosis with trillions of bacteria that play a crucial role in determining our health and vitality. The Microbiome Solution is an eye-opening account of how supersanitation, antibiotic overuse and the Western diet collaborate to promote chronic disease by disrupting the gut microbiome's ecological harmony and balance. Dr. Chutkan, a leading integrative gastroenterologist, presents a trailblazing program to heal your body from the inside-out by getting dirty and eating clean. Read this marvelous book and transform your

health..one gut microbe at a time.â•-Gerard E. Mullin MD, Associate Professor of Medicine
The Johns Hopkins University School of Medicine and Author of The Gut Balance RevolutionPraise
for Gutbliss" I read it cover to cover.â•âœ Natalie Morales, Today

Showâ•âœ Dr. Chutkan candidly explores how digestive snafus can wreak havoc with professional, social and sexual relationships, using anecdotes about patients who suffered terribly before finding relief by changing their habits, conquering crummy diets and identifying medical conditions that exacerbated their misery. Her plan may be worth tryingâ•even if it means giving up some bubbly.â•âœ The Wall Street Journalâ•âœ Packed with no-nonsense explanations, real- life patient stories, and remedies, this guide will empower women to recognize their particular digestive health issues and work proactively with their medical professionals to prevent, treat, and solve them.â•âœ Publishers

Weeklyâ•âœ Gutbliss is loaded with helpful, leading edge information that all women need to know for optimal bowel health. I highly recommend this book!â•âœ Christiane Northrup, M.D., author of THE WISDOM OF MENOPAUSEâ•âœ Dr Chutkan blasts away the bloat as she tastefully explains the guts of our problems.â•âœ Mehmet Oz, M.D.â•âœ Millions of Americans suffer needlessly from digestive problems. Gut issues are at the core of many health problems including autoimmune disease and even obesity and diabetes.â•âœ Dr. Robynne Chutkan maps out a clear strategy for gut health and restoring optimal health. If you have digestive problems, look no further, and buy this book!â•âœ Mark Hyman, M.D., author of THE BLOOD SUGAR SOLUTIONâ•âœ If youâ„„re tired of dreaded bloat or muffintop, Dr. Chutkan offers a novel prescription for making your gut work for you, not against youâ•and her 10-day plan is scientifically robust yet transformative. Get the book, and give her 10 days. Youâ„„ll discover the small hinge that swings big doors.â•âœ Sara Gottfried, M.D., author of THE HORMONE CUREFrom the Hardcover edition.

Robynne Chutkan, M.D., is one of the most recognizable gastroenterologists working in the United States today. The author of Gutbliss, Dr. Chutkan has a B.S. from Yale and an M.D. from Columbia, and is a faculty member at Georgetown University Hospital. An avid snowboarder, marathon runner, and Vinyasa yoga practitioner, she is dedicated to helping her patients live not just longer but better lives.

We live in a new age of weird diseases and symptoms -- many traveling under the "auto-immune"

banner. People by the droves go to their primary care doctors and complain of stomach and digestive ailments (bloating, food allergies, abdominal pain), light-headedness, fatigue, skin rashes, eczema, rosacea, and worse. Their doctors, in turn, follow the protocols of their training and order up standard tests in search of something physical. The tests come back negative. Now doc is beginning to wonder if he has a hypochondriac on his hands, and the patients either persist or resign themselves to pain and misery, becoming depressed as symptoms continue to plague them. Sometimes more tests are ordered, but seldom is a solution found. It's a bad scene all around. Welcome to the world of microbes, the artful dodgers (at least when it comes to standard medical tests). If you fit the description above, you should be reading Dr. Chutkan's latest book. She talks about "dysbiosis," a widely prevalent but seldom diagnosed condition where the microbial community in your body is way out of whack -- low on good bacteria and high on pathogens (bad bacteria) due to a host of modern-day causes: the accumulated ravages of antibiotic treatments, alcohol consumption, stress, diet (specifically lack of enough fiber, vegetables, fruits, fermented foods and too much sugar, carbs, processed "food," genetically-modified food), antacid use, NSAID use, birth-control pill regimes, chemotherapy, and artificial sweeteners. As patients feel sicker, doctors unknowingly feed the flames by prescribing more pain medication, antibiotics, etc., to try to alleviate symptoms and show their patients that they are "doing something." Vicious, meet circle. The misery continues. Well, if all politics are local, all health is in the gut. That's right. We are the microbial profile we feed on a daily basis. And while "feed" mostly means the mouth, it also includes the skin. Dr. Chutkan sees it as a twin mission: living dirty and eating clean. That means we do ourselves no favors by constantly cleaning our hands with hand sanitizers, applying skin products and soaps with anti-bacterial elements and good-bacteria killing chemicals (go ahead, read the ingredients, see if you have the slightest idea about what you are slathering to your skin and scalp on a daily basis... didn't think so). The best part: Chutkan offers practical tips on turning it around -- what you should eat and what you should not eat. Watch out for corn, soy products, and sugar especially. They kill the Good Army and arm the Terrorist in your gut flora. They are almost all GMO-made monstrosities by now, thanks to companies like Monsanto, which have their profits (and yes, Big Pharma's, too, because sick people drive profits) to watch after. Certain bacteria (bad) thrive on sugar and artificial sweeteners and will hijack your body's eating preferences. What we call a "sweet tooth" is actually a type of bad bacteria clamoring from your gut for more of what they need to survive (that it makes you sick means little to them, they are out for themselves and haven't a clue that they will die with you). Chutkan also offers some basic day-to-day living advice, too. A little dirt is a good thing, as is being outside (or opening windows and letting the outside in). Remember

when you were a kid? Always outside, barefoot and dirty, exercising through play and interaction with others? Compare to the present, where we spend so much time in our antiseptic, air-conditioned houses, take showers every day, shellack our skin with mysterious products, clean our homes with even more mysterious, bacteria-killing products. Recipe, meet disaster. Patient, meet doctor (yet again): "Doc, I feel miserable and I don't know why." Doc and Conventional Medicine don't know why, either. As to the book itself, yes, it is somewhat repetitive at times and not a narrative wonder or anything, but I 4-star it for its contents and importance. Chutkan even devotes a chapter to the hardcore cases. Here she discusses fecal transplants, the latest frontier for people who cannot turn around their severe conditions through diet and lifestyle changes alone. Feces from healthy patients with the correct microbial profiles are transplanted into the intestines of the sick patient with miraculous results (just look the other way and get over your aversion, I guess). It's been a life-changer for people with relentless conditions like irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, pouchitis, infectious diarrhea, etc. Animals don't eat other animals' feces for nothing. Nature is often instructive (and gross). It's squeamish patients who often choose not to heed such lessons. Finally, and not least importantly, the book ends with 95 pages of "microbiome solution" recipes, mostly for dishes that will feed the good and suppress the bad bacteria that live within you -- food for stomach, skin, and soul. Yep. Brave New World (which looks suspiciously like our grandparents' Brave OLD World, before the corporations and chemicals started to hijack our willingly sheep-like lives). Advice: Buy or check out of the library. Then fight back against bad bacteria and bad businesses that will shed no tears over your slow and protracted demise.

This book was a fascinating approach to a healthy lifestyle. I'm an MD and extremely frustrated at how little the western medical community knows about nutrition and diet as they relate to medical complaints that we see all the time in our patients. This book will help me personally, as well as with the medical advice I offer patients and family/friends. And the recipes look amazing- I am inspired to try all of them. Some of the book got a bit repetitive and a bit preachy, but don't let that stop you from integrating her message into your life! I will be recommending this book to everyone I know.

The Microbiome Solution by Robynne Chutkan is a blockbuster that opened my eyes to the infancy of an amazing discovery that is likely to change the way doctors practice medicine. It makes me think back in history to the era when doctors probably believed they were on the cutting edge (no pun intended) when "bleeding" patients was thought to be a sound medical treatment. Some day we may look back of the "miracle of antibiotics" like we do the "bleeding" treatment. Dr. Chutkan is an

excellent communicator. In lay language she explains the importance of the human microbiome and how our health and well-being is dependent on the variety and abundance of these bacteria. Our "gut bacteria" have a variety of healthy, symbiotic and pathogenic one cell life that maintain our health. Antibiotics in medicine and the type of food we eat disrupt the balance of these micro floras. Pesticides, antibiotics, processed and genetically altered foods, antibacterial soaps, shampoos, and our assumption of what constitutes the practice of healthy hygiene negatively impact on our health. This easy to read and understand radical new way to heal our bodies from the inside out is an intriguing read that opened my eyes to a whole new way of thinking. In 340 pages, this enlightening gastroenterologist introduces readers to the reality of our predicament and the next step in changing our life for the better. This is cutting edge information that you will not want to miss. It provides important questions that you need to ask your health care providers before accepting prescribed medicines. This book provides the mind changing alternatives to every day practices that we did not realize were harmful. It provides recipes for foods, cleaners, and everyday products to replace unhealthy ones and improve our health. It introduces treatments that make sense, although some of them are hard for me to imagine that I will ever submit to. The final section provides recipes for replacement foods for unhealthy eating practices to alter the balance and variety of health microbiome healing. I found this an enthralling book that opened my mind to a health realm that I was completely unaware of. This book contains life changing information. I am so glad that I read it and bet you will be to. Buy it today. It will open your eyes and may save your life!

I love this book! As a former nurse and current plant-based nutrition & cooking instructor, I'm extremely excited about the new research being done that explains how our gut microbes are inextricably bound to our health -- and illness. AND, I'm also excited that we have tremendous influence on these gut microbes by what we choose to eat. Dr. Robynne Chutkan, who is a gastroenterologist, describes in easy-to-understand language what these relationships are between our food, our microbiome, and our health. Her advice, to "eat clean and live dirty" is both fun and revolutionary. I predict that the information in this book will revolutionize the way we think about our relationship with our larger environment, our food choices, our own health, and medical care. I recommend that everyone read this book -- and give it to your friends and your medical providers!

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Cider Vinegar Cure: Essential Recipes & Remedies to Heal Your Body Inside and Out The Coconut Oil Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) The Microbiome Diet Plan: Six Weeks to Lose Weight and Improve Your Gut Health The Secret Life of Your Microbiome: Why Nature and Biodiversity are Essential to Health and Happiness Psoriasis Heal with the "Method Dr DI MAIO MD": Find Out the Causes and How to Heal Rainforest Home Remedies: The Maya Way To Heal Your Body and Replenish Your Soul Nutrient Power: Heal Your Biochemistry and Heal Your Brain Radical Beauty: How to Transform Yourself from the Inside Out The Keystone Approach: Healing Arthritis and Psoriasis by Restoring the Microbiome Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction. The Human Microbiome: The Germs That Keep You Healthy The Human Superorganism: How the Microbiome Is Revolutionizing the Pursuit of a Healthy Life Journeys Out of the Body: The Classic Work on Out-of-Body Experience Heal Yourself with Medical Hypnosis: The Most Immediate Way to Use Your Mind-Body Connection The Radical Reader: A Documentary History of the American Radical Tradition

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