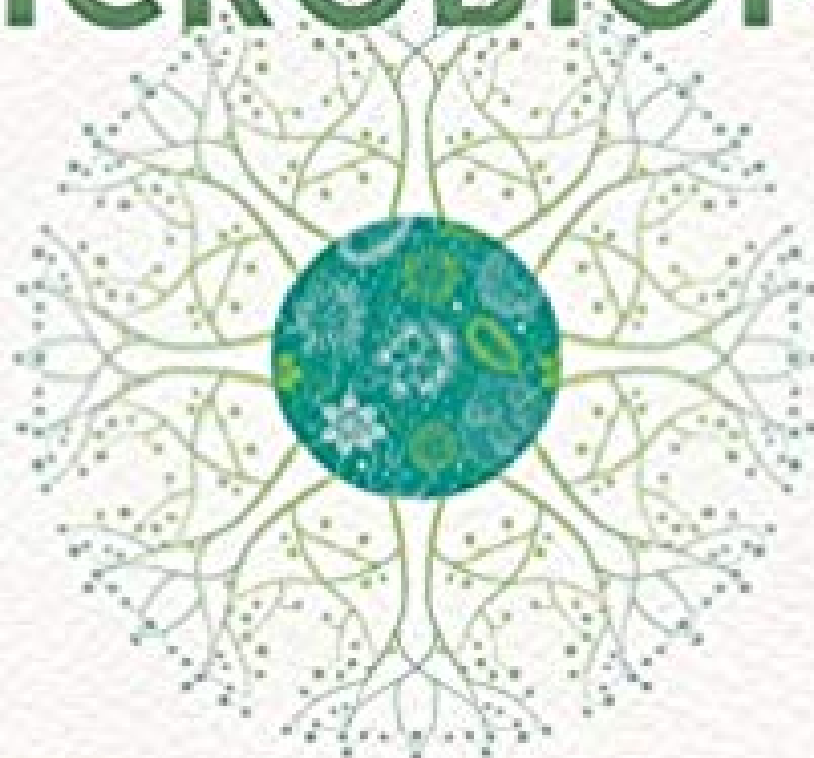


THE
SECRET LIFE
OF YOUR
MICROBIOME



WHY NATURE *and* BIODIVERSITY
ARE ESSENTIAL TO
HEALTH *and* HAPPINESS

Susan L. Prescott, MD, PhD
Alan C. Logan, ND

Alan C. Logan and

The Secret Life of Your Microbiome: Why Nature and Biodiversity are Essential to Health and Happiness



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For too very long our bodies have been considered capsules, sealed off and protected from 'bugs' by our immune systems and an arsenal of antibiotics, pesticides, processed food items, and antibacterial soaps. Written with pace, clarity, and humor by world-renowned scientists in immunology, diet, and environmental health, *The Secret Lifestyle of Your Microbiome* makes the irrefutable case that health insurance and happiness is dependent fundamentally on the health of biodiversity, and shows how exactly we can nurture this nature. He and Prescott live in NY and Perth, Australia. we're deeply linked to the biodiversity of character through our microbiomes, the rich microbial ecosystem of our guts and pores and skin, and this connection is essential to health and pleasure. From sugar-rich diet programs wiping out good gut bacteria and exacerbating depression, to microbes mediating phytonutrient absorption in the brain, to inflammation and cancers, the influence of biodiversity on our anatomies is everywhere. The fantastic communicator is our immune system, a 'mobile human brain' that interacts with micro-organisms around us with profound health consequences. The more insulated from nature, the better. Logan ND can be a naturopathic doctor and researcher, a trusted media commentator, and co-author of *Your Brain on Character* and *The Clear Skin Diet*. Susan L. Prescott, MD, PhD is an internationally acclaimed immunologist and pediatrician. Alan C. Dr. She has authored 250 scientific papers and *The Allergy Epidemic*, *The Phoning*, and *Origins*. Dr. THE TRICK Existence of *Your Microbiome* shatters this deeply held myth, presenting a revolutionary brand-new paradigm, backed by vast science;



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I enjoyed every page Dr. Logan and Prescott execute a masterful job of highlighting a few of the opportunities that lie in your reach. Partnering right here with Dr.. This book is a literal game changer. There is a way back, and it begins by reading this book. EVERYONE should read this book. Prescott, both of these have a very evidence-based method of a scorching and trendy topic. A must read for anyone interested in optimizing their wellness through a deeper knowledge of the most cutting edge science. Every physician, whether useful, integrative, or regular, should read this reserve. The problems of today's world are nonlinear and require non-linear thinking - not simply a "this for that" treatment mentality. Human beings are complex beings deeply integrated with the organic globe and Drs. Alan Logan hardly ever disappoints! Our inner ecosystem, our microbiome, is really as deeply part of us as the external ecosystem of the trees, the open sea, and the an incredible number of living species that cohabitate this fine planet with us. Their narrative is filled with a warning from Sir John Arthur Thomson, dating back again over 100 years, who makes the case that even then we had a need to sluggish down, take a breath, and touch base and touch nature - literally. By seeking to heal ourselves by taking action on the wisdom contained within THE TRICK Existence of Your Microbiome, we become compelled to look at the world, and its web of lifestyle, with eyes widely open - drinking in the wonder and the recovery of nature as it brushes our fingertips and toes. I enjoyed every page.



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