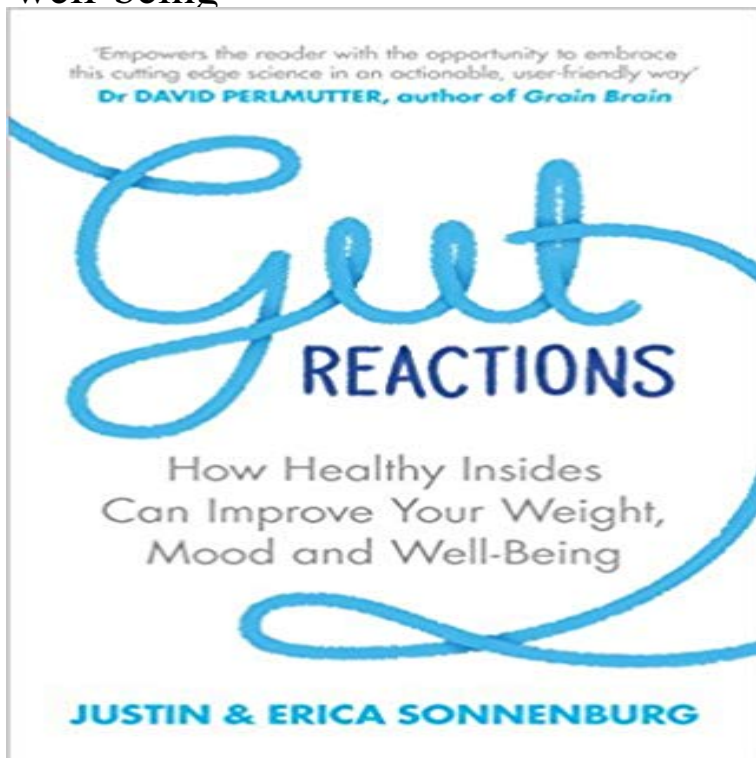


Gut Reactions: How healthy insides can improve your weight, mood and well-being



From your weight, to how you age, to allergies and diseases - your gut controls it all. In *Gut Reactions*, leading scientists Justin and Erica Sonnenburg explain how we've neglected this vital organ for far too long. As well as the consequences you might expect - a dramatic rise in food intolerances and inflammatory bowel diseases - are a whole host of other concerns, such as an increase in cancer, asthma, autism and diabetes. We now have only 1,200 species of microbes living in our gut. We used to have many more. Why are these species becoming extinct? And how do we prevent it? With recipes and meal plans, as well as guidance on alternatives to antibiotics and lifestyle choices, *Gut Reactions* will help you to interpret, understand and incorporate these new radical findings into your diet and lifestyle and will help you on your journey to a healthier gut.

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