



The Symbiont Factor: How the Gut Microbiome Redefines Health, Disease and Humanity (Paperback)

By Dr Richard a Matthews DC Dacnb Facfn

Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The study of the human microbiome has revealed the most revolutionary concept ever discovered in health sciences: Our gut bacteria, brain and immune system are in constant communication, each influencing the others. We are not a singular organism but function as a superorganism (also called a holobiont), a composite of trillions of organisms. While this newfound reality should have completely changed the practice of healthcare, instead it has had little to no utilization. Our gut bacteria provide the missing link between nutrition, mental health, spiritual practices and health or disease outcomes. Our very evolution has been heavily influenced by the microbiome, and yet our future is in jeopardy due to current practices with antibiotic use and industrial farming with the use of herbicides and pesticides. The human microbiome is passed on from mother to infant, and with 100x the gene count as our human cells provides genetic adaptability on a daily basis. The failure to nurture this tremendous entity has the potential to threaten our future evolution. This book will change your life by explaining these concepts and...



READ ONLINE
[2.71 MB]

Reviews

Very good electronic book and beneficial one. It can be rally interesting throug reading time period. You can expect to like the way the writer publish this publication.

-- Miss Eden Walter Jr.

Merely no words and phrases to describe. I really could comprehended almost everything using this created e pdf. Your daily life period will be change once you full reading this ebook.

-- Mr. Ladarius Stoltenberg

Other Books



Polly Oliver s Problem (Illustrated Edition) (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Illustrated. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in...



Daycare Seen Through a Teacher s Eyes: A Guide for Teachers and Parents (Paperback)

America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Between the good mornings and the good nights it s what happens during the day I want the...



My Life as a Third Grade Zombie: Plus Free Online Access (Hardback)

Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint) (Paperback)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in...



How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...