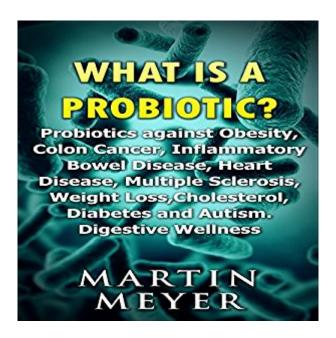


The book was found

What Is A Probiotic? Probiotics Against Obesity, Colon Cancer, Inflammatory Bowel Disease...





Synopsis

Probiotics are microorganisms that treat many illnesses. They promote a healthy and balanced digestive track and a healthy immune system. Virtually every disease starts with the wrong bacteria imbalance in our digestive track such as obesity, colon cancer, inflammatory bowel disease, ulcerative colitis, Crohn's disease, heart disease, multiple sclerosis, cholesterol, diabetes, and autism. Probiotics are essential and without them we couldn't sustain life. They: Make vitamins vital for life Send signals to the immune system Are gatekeepers into our body and hinder pathogens, bad bacteria and viruses Improve gastrointestinal motility and function Fight against chronic inflammation Produce short-chain fatty acids that maintains our gut health Release small molecules (metabolites) that impact the brain Many diseases are caused by inflammation of the skin, lungs, joints, and other tissue, and can all be because of a bacterial imbalance since they affect our immune system. Newest studies show that intestinal bacteria connect to ADD, OCD, and Alzheimer's. This books gives you the knowledge about everything there is to gut flora, probiotics, and their health benefits. It also teaches you what you can do to prevent those diseases with the right gut flora balance.

Book Information

Audible Audio Edition

Listening Length: 1 hourà andà Â 17 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Meyer Enterprises

Audible.com Release Date: February 29, 2016

Language: English
ASIN: B01CD71GE6

Best Sellers Rank: #74 inà Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Cancer > Colorectal #1155 inà Â Books > Audible Audiobooks > Health, Mind & Body > Diet &

Nutrition #13089 inà Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

The author clearly did his research. The book is well laid out and the topic easily understood, without unnecessary jargon. Good one!

This book is full of incredible knowledge. If you are into science and why things are the way they are

- I highly recommend this book. Martin really knows his stuff! I was recently diagnosed with IBD so reading about inflammatory bowel disease was particularly interesting to me! I can now understand that its the bacteria (which is why they put me on an antibacterial medicine) causing all the big issues in my gut! Thanks again, Martin for a fascinating read!

This book had tons of information about probiotic, specifically on their relation to our health! I learned a lot from reading this and will definitely be changing some of my habits in the future. Would recommend!!!

Not as suggested in the title. Too clinic $\tilde{A}f\hat{A}$ I! Wrong use of words such as to and too. Need to proofread better. Expected to get specific suggestions regarding probiotic use.

very interesting and informative

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