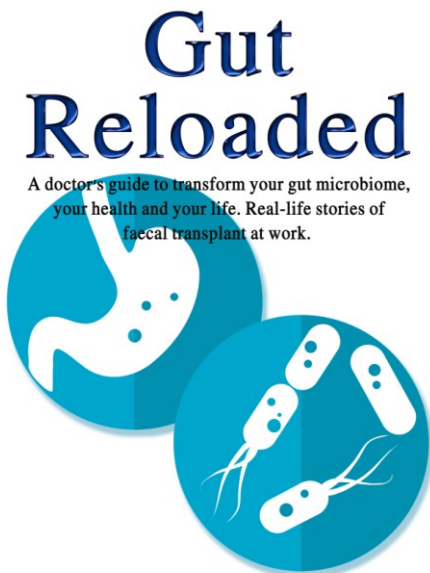


GUT RELOADED:

A Doctor's Guide to Optimal Gut Health

By Dr Paul Froomes

ISBN: 978-1-921919-92-3* **B5/205** * **RRP:** \$25.95 * **GENRE:** Non-fiction medical



Dr Paul Froomes

Whether we like it or not, we are all obsessed with our bowels. And for good reason; nature and evolution have conspired against us by hard-wiring our gut microbes and gut nerves to our brain. They form part of our psyche and our vernacular 'Go with your gut feeling on this!' Right?

Gut Reloaded delves masterfully into the fascinating phenomenon that is gut microbiome and how this new living organ is intimately linked to everything from obesity to inflammatory bowel disease to multiple sclerosis to depression. With medicine caught at a crossroad, struggling to deal with the concepts of healthy bacteria, leaky gut and faecal transplant, this book could not come at a better time.

Written by a gastroenterologist currently working with cutting-edge gut microbiome therapies, *Gut Reloaded* brings a unique perspective to this popular global phenomenon. Punctuated with real-life experiences of faecal transplant patients, this book takes a serious but sometimes amusing look at the gut microbiome and its role in disease, and gives a revolutionary insight into how to bring your gut microbes and you back to health.



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