

**THE MIND-GUT CONNECTION: HOW THE
HIDDEN CONVERSATION WITHIN OUR
BODIES IMPACTS OUR MOOD, OUR
CHOICES, AND OUR OVERALL HEALTH BY
EMERAN MA**

**THE
Mind-Gut
CONNECTION**



How the
Hidden Conversation
Within Our Bodies Impacts Our Mood,
Our Choices, and Our Overall Health

Emeran Mayer, MD

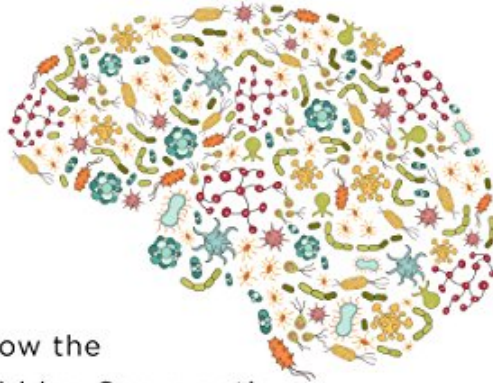
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Review

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In *The Mind-Gut Connection*, Dr. Emeran Mayer, executive director of the UCLA Oppenheimer Center for the Neurobiology of Stress, offers a cutting-edge view into this developing science, showing us the full impact of how the brain, gut, and microbiome—the community of microorganisms that live inside the digestive tract—communicate. As Dr. Mayer explains, when this communication channel is out of whack, major health problems can crop up, including food sensitivities and allergies, digestive disorders, obesity, depression, anxiety, and fatigue.

The Mind-Gut Connection teaches us how, with a few simple changes to our diet and lifestyle, we can enjoy a happier mindset, enhanced immunity, a decreased risk of developing neurological diseases such as Parkinson’s and Alzheimer’s, and even lose weight. With a simple, practical regimen drawn from the latest research, Dr. Mayer shows us that paying attention to the mind-gut balance is the key to unlocking vibrant health.

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Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of *Wheat Belly* and *Grain Brain* that conclusively demonstrates the inextricable, biological link between mind and body. We have all experienced the connection between our mind and our gut--the decision we made because it "felt right"; the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we're stressed out. While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Ayurvedic and Chinese medicine, Western medicine has failed to appreciate the complexity of how the brain, gut, and more recently, the microbiome--the microorganisms that live inside us--communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, executive director of the UCLA Oppenheimer Center for Neurobiology of Stress and Resilience, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. *The Mind-Gut Connection* describes: why consuming a predominantly plant-based diet is key for gut and brain health; the importance of early childhood in gut-brain development, and what parents can do to help their children thrive; the role of excessive stress and anxiety in GI ailments and cognitive disorders; and how to "listen to your gut" and pay attention to the signals your body is sending you and much more.

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Most helpful customer reviews

97 of 99 people found the following review helpful.

Sets the standard for user friendly, informative, and science based microbiome book for wide audience

By JML

There is sure no shortage of trade books on the microbiome and the list of books is bound to proliferate given the popularity of the topic. This book separates itself from the pack in a number of ways. First, Dr Mayer is one of the select group of scientists worldwide whose work has helped fuel research into what we know about the microbiome and its importance to our health. While other scientists saw painful medical disorders like irritable bowel syndrome as a "psychiatric disorder" Dr Mayer was conducting research showing that the brain has a far more powerful and complex role in tipping the balance between health and illness than just governing our mental wellbeing. Because he knows what he is talking about, the reader can feel confident that the material is accurate, trust worthy, and backed by evidence tested in rigorous laboratory settings. This is no small feat among the growing number of books chock full of half-truths, exaggerations, and outright inaccuracies that make it hard for the reader to separate fact from fiction. Second, Dr Mayer emphasizes the importance not only of how our mood, behaviors like our activity level and what we eat and drink, and mindset can impact the collection of microbes that colonize the human body but how our microbiome can in turn impact the brain. There is no other book available that covers so much terrain with such expertise and precision. Third, the book is an easy read, written in such an engaging and non-technical manner that even the person whose last science book was in 10th grade bio class will find this book a pleasure to read, making it far and away the best microbiome book out there for general audience. Finally, as a gifted clinician, Dr Mayer concludes the book with some "nuts and bolts" strategies for how to make simple lifestyle changes that put in practice what microbiome research tells us about how to optimize our health. A+: Recommend wholeheartedly

-- Dr Jeffrey Lackner, Behavioral Medicine Clinic, University at Buffalo, SUNY

26 of 27 people found the following review helpful.

Enlightening knowledge expressed simply and eloquently

By Homayoun Sadeghi MD

Enlightening knowledge expressed simply and eloquently. In one of his chapters, Dr Mayer says "Not all stress is bad for us. Acute stress increases acid production by the stomach, which makes it more likely that invading microbes from our food will be killed before they reach our intestines." Here and elsewhere in his book, Dr. Mayer is sharing cutting edge information in simple language for the benefit of the public. I love this book.

Homayoun Sadeghi, MD

The Art of Healthy Living: A Mind-Body Approach to Inner Balance and Natural Vitality

9 of 9 people found the following review helpful.

The book is easy to read and includes plenty of statistical evidence

By Sun_soul

I've recently heard Dr. Mayer's interview on my local radio station, and as soon as I got home, I ordered the book. I've been recently diagnosed with IBS, and I found this book very helpful.

Dr. Mayer's credentials are impressive. He has been studying the connections between the digestive system

and the brain for many years. It is so exciting to find someone who is an expert in this area, and who approaches the topic with the appropriate breadth and clarity.

The book is easy to read and includes plenty of statistical evidence, medical studies, and helpful advice. It is fascinating to read, and I highly recommend it.

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