



Alimenta tu cerebro Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life: El sorprendente poder del microbioma para sanar ... cerebro, de por vida. (Spanish Edition)

David Perlmutter

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Una vez más el renombrado neurólogo David Perlmutter nos sorprende con un asombroso dato: el microbioma humano influencia de manera directa cada aspecto de nuestra salud vital, incluido el sistema nervioso. Los trastornos mentales como el trastorno por déficit de atención, el autismo o la demencia son cada vez más frecuentes tanto en jóvenes y adultos como en niños. Sin embargo, recientes hallazgos científicos han demostrado que los microbios que se encuentran en el intestino interactúan de manera sorprendentemente activa con el cerebro, influyendo así en su funcionamiento. En este libro, el doctor Perlmutter nos explica cómo la salud de nuestro microbioma llega a determinar nuestro apetito, nuestro estado de ánimo e incluso el riesgo de padecer déficit de atención, alzheimer y esclerosis múltiple. Los lectores se sorprenderán al constatar que ciertas decisiones aparentemente inofensivas como el tomar antibióticos, beber agua clorada, comer alimentos procesados e infestados de pesticidas o incluso un nacimiento por cesárea pueden causar cambios prolongados en nuestro microbioma y por lo tanto en la salud de nuestro cerebro. La buena noticia es que el microbioma humano puede ser fácilmente restablecido y su condición óptima puede ser recuperada a través de ciertos hábitos alimenticios, tan simples, que no solamente ayudarán a perder peso, sino a restaurar la flora intestinal y mejorar la salud mental.

English Description

The bestselling author of Grain Brain uncovers the powerful role of gut bacteria in determining your brain's destiny.

Debilitating brain disorders are on the rise—from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome - the vast population of organisms that live in your body and outnumber your own cells ten to one. What's taking place in your intestines today is determining your risk for any number of brain-related conditions.

In BRAIN MAKER, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, BRAIN MAKER opens the door to unprecedented brain health potential.

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Veronica McFadden:

Spent a free a chance to be fun activity to try and do! A lot of people spent their sparetime with their family, or all their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled Alimenta tu cerebro Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life: El sorprendente poder del microbioma para sanar ... cerebro, de por vida. (Spanish Edition) can be fine book to read. May be it is usually best activity to you.

Jimmie Houck:

Exactly why? Because this Alimenta tu cerebro Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life: El sorprendente poder del microbioma para sanar ... cerebro, de por vida. (Spanish Edition) is an unordinary book that the inside of the guide waiting for you to snap this but latter it will jolt you with the secret the item inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your talent and your critical thinking means. So , still want to hold up having that book? If I ended up you I will go to the publication store hurriedly.

Georgia Cunningham:

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