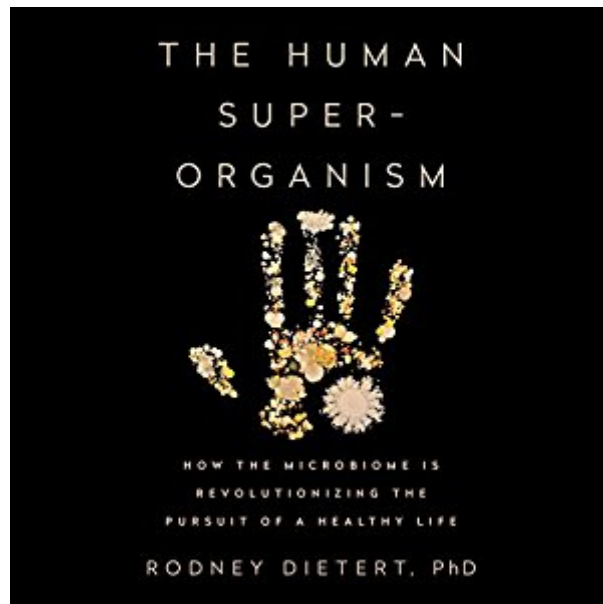


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The Human Superorganism: How The Microbiome Is Revolutionizing The Pursuit Of A Healthy Life



Synopsis

The origin of asthma, autism, Alzheimer's, allergies, cancer, heart disease, obesity, and even some kinds of depression is now clear. Award-winning researcher on the microbiome, professor Rodney Dietert, presents a new paradigm in human biology that has emerged in the midst of the ongoing global epidemic of noncommunicable diseases. The Human Superorganism makes a sweeping, paradigm-shifting argument. It demolishes two fundamental beliefs that have blinkered all medical thinking until very recently: 1) humans are better off as pure organisms free of foreign microbes; and 2) the human genome is the key to future medical advances. The microorganisms that we have sought to eliminate have been there for centuries, supporting our ancestors. They comprise as much as 90 percent of the cells in and on our bodies - a staggering percentage! More than a thousand species of them live inside us, on our skin, and on our very eyelashes. Yet we have now significantly reduced their power and in doing so have sparked an epidemic of noncommunicable diseases - which now account for 63 percent of all human deaths. Ultimately this book is not just about microbes; it is about a different way to view humans. The story that Dietert tells of where the new biology comes from, how it works, and the ways in which it affects your life is fascinating, authoritative, and revolutionary. Dietert identifies foods that best serve you, the superorganism - not new fad foods but ancient foods that have made sense for millennia. He explains protective measures against unsafe chemicals and drugs. He offers an empowering self-care guide and the blueprint for a revolution in public health. We are not what we have been taught. Each of us is a superorganism. The best path to a healthy life is through recognizing that profound truth.

Book Information

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Customer Reviews

Once again, we find we never left the Garden of Eden, but have remained here only to soil and destroy it. Rodney Dietert has assembled the stunning evidence to show the microbiome already has the solutions to the many non-communicable diseases we suddenly find ourselves consumed with. He has also found that in destroying our microbiome with antibiotics and c-section births, we have ourselves to blame for them. It is no coincidence that these diseases have arisen at the same time as modern drugs and processed foods. They are co-morbid. Dietert says nature versus nurture is irrelevant. It leads nowhere. It retards our understanding of biological processes. The old biology has simply missed the greater part of us. And so it must continuously fail. Medicine is stuck on the mammalian genes paradigm. That is only a fraction of who we are and how we work. We are hybrids. We cannot stand alone and removed from other species and our environment. We are holobionts â€” like coral reefs â€” serving as host and superstructure for entire societies of microbes. We are an ecological system rather than a unit. Only 10% is the mammal we can see and touch. 90% is microbes we attract, host, and share our resources with. If allowed to live, they repay us with good health and disease-fighting tools. Unfortunately, we never look at the microbe side. We examine and treat the symptoms on the mammalian side, and destroy the microbes with our thoughtless medical system.

â€œWhat if the very basis of what a human is was radically different from what we were taught as children?â€• Thus opens Dr. Rodney Dietertâ€™s exegesis on rethinking human biology and human health. Itâ€™s a provocative idea that leads handily into a very thought-provoking set of ideas about what constitutes â€œhealthyâ€• living and how this new concept reflects a paradigm shift in not only our approach to health but also our approach to the human body. The proposition is deceptively simple: the human body is host not only to what we traditionally think of as ourselves and our cellular composition, but also to a veritable ecological system of microbes, a â€œmicrobiomeâ€•, that is found inside of us. As a result, human beings should be considered â€œsuperorganismsâ€•, akin to rainforests or coral reefs. The novelty of this proposition is not so much in its factual existence, but in the state of that ecological system, since it turns out that human beings are just as hard on their own ecosystem as they are on othersâ€• | In a nutshell, as a result of much modern medical technology and behaviour, the theory goes, we are decimating our microbiome to the detriment of our health just as severely as we are decimating rainforests and reefs. The book is organized into

three parts. The first lays out the theory, the second describes where things began to go wonky, and the third attempts to resolve that wonkiness with a series of recommendations on how to regain equilibrium between the mammalian and microbial parts of our bodies. The theory is well-thought out and well-presented. Dr. Dietert's writing style is conversational without being overly simplistic.

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