



The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out

Robynne Chutkan

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The author of *Gutbliss* and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health.

Michael Pollan's widely discussed *New York Times* article, "Some of My Best Friends Are Germs," was just the tip of the iceberg. The microbiome—the collective name for the trillions of bacteria that live in our gut—is today's hottest medical news topic. Synthesizing the latest findings, Dr. Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the "good bugs" that keep us healthy and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance makes us more prone to disease and obesity and negatively affects our metabolism, our hormones, our cravings, our immunity, and even our genes. But beyond the science, what sets this book apart is Dr. Chutkan's powerful three-level program for optimizing your gut bacteria for good health.

Dr. Chutkan shares:

Why hand-sanitizing gels and antibiotics are stripping our bodies of their natural protective systems

Essential prebiotics and probiotics

Recipes with ingredients that replenish the microbiome for each rehab level

Cutting-edge research on the connection between the microbiome and the brain

An intro to the stool transplant, the superfix for a severely troubled microbiome

Dr. Chutkan is one of the most recognizable gastroenterologists working in America today, and this is the first book to distill the research into a practical, effective plan for replenishing our microbiomes. *The Microbiome Solution* will bring welcome relief to the millions who want to grow a good "gut garden"—and enjoy healthier, happier lives.

The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out Details

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From Reader Review The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out for online ebook

Bridget says

I'm generally skeptical about books that purport to "solve human health." There are so few things that work for everyone, full stop.

And I find it generally rather bothersome that the way that the issue of the microbiome is shaking out in modern day medicine practice is isolated physicians holding \$1000 conferences to teach you more about your bacterial microbes...insurance doesn't care about covering it, though indeed, insurance has never cared about covering food as a treatment for diseases. (if you want to get me angry, get me started on that).

And yet...she is careful to say that we can't hack the microbiome, that we don't know near enough to know exactly what we're doing. But we do know that living a bit dirtier and eating more vegetables for the microbiome to eat will most likely be to our benefit.

On the other hand, the very scary picture painted about frequent antibiotic use in pregnancy or in early childhood just decimating populations of bacteria and potentially causing both the tremendous rises in obesity AND immune-related diseases...yikes. These are not fully substantiated claims yet, but they're close. There is likely going to be a day in the future when antibiotics are prescribed at much lower levels than they are today to preserve the microbiome.

Tatiana Kim says

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Michael Rowley says

It's encouraging to hear a first-hand review of Dr. Chutkan's assessment of the unhealthy approach and attitude of doctors: Listen to me, I know better, take this pill 'just to be safe'.

For a lot of people her book may be preaching to the choir. It was for me. My health was compromised by antibiotics, steroids, and statins. It wasn't until I followed the advice of a functional medicine doctor — and avoided doctors like the plague — that I was able to restore my health. How? I ate vegetables and followed much of the advice in this book. You can see my health journey on Twitter @50Fifty.

Karen says

It's all unsubstantiated claims. No validation whatsoever. On the other hand, if you look up her claims in

peer-reviewed literature, they're not all bunk. Worth considering if you have gut issues or an autoimmune disease.

Arminzerella says

Robynne Chutkan is a gastroenterologist whose own experience in her practice (and in her pregnancy) has led her to write about and research how the microbiomes in our bodies affect our health. She explains how different bacteria and other organisms can be beneficial in digestion and disease prevention and how the overuse of antibiotics and poor nutrition can throw our delicate balance of organisms out of whack and open us up to all kinds of maladies. A fascinating read with a whole chapter on recipes to help you feed your existing microbiome (as well as suggestions for how to boost it). This is a hot topic right now, and although Chutkan is a proponent of encouraging a healthy microbiome, she readily admits that much more research is necessary to understand better what organisms are most beneficial to us and how.

Holly says

Lately I can't get enough of the Rich Roll podcast ("RRP"), and the detailed interviews (often two hours-long) are sending me to seek out the health-related, lifestyle-, and medical books of his podcast guests.

Carol - Reading Writing and Riesling says

Excellent!

My View:

This is a very useful resource for those about to embark on the wonderful journey of reinvigorating their gut bacteria and is just as useful for those already in the process, seeking further ways to enhance their "live dirty eat clean" lifestyle and confirmation that they are on the right track. This book is written in very easy to understand language (but don't expect me to be able to pronounce all the names of bacteria and pro biotics – they are mostly very tricky) ? Do expect to find some sound advice and lessons on how to change your life style and a simple 1, 2 3 rule to ensure you are getting enough dietary fibre (good digestion requires fibre); "Eat at least one vegetable at breakfast, two at lunch and three at dinner." (p.134)

Do expect to find easy to follow microbiome recipes to enhance your "gut garden," a how to guide to making beauty products (face scrubs, moisturisers, etc.) that are good for you and your microbes.

And last but not least a chapter on stool transplants. (I kid you not!) "Everything You Wanted to Know about Stool Transplants but Were Afraid to Ask (chapter 13) whilst delivering some interesting and appreciated scientific/medical based information that I probably would not ever ask about or give voice to question, this chapter say it all and is hilarious. (And I am sure I can hear the author laughing with me as I discuss this with you) Are you among the special few who love a good poo joke? Then this chapter is for you! I could not help myself – I solicitously read the entire book, nodding in agreement, absorbing new useful information...admiring the recipes and the simple guidelines for cultivating your microbiome but when it came to chapter 13 I was uncontrollably laughing out loud. My apologies I just couldn't help myself! And when read out loud to my husband the supply list for "How to Perform FMT"(Faecal Microbiota Transplant)

we both laughed so much we cried- his comment – “what do you need a plastic shower curtain for, seconds thoughts, no, don’t tell me.” But I did! We laughed so much we cried. (You had to be there) ?

I should not laugh, this is a serious subject, but I am very pleased I read this chapter, I am enlightened and have shared my new found knowledge around – a subject (stools) that can be somewhat embarrassing to bring into a conversation has become socially accessible. As the author explains “Most of us have an aversion to stool stemming from early childhood when we are discouraged from passing gas or making any references to our ‘poo.’ Bowel movements are viewed as something dirty and furtive, best flushed away quickly and not discussed in polite company despite the fact that every human being on the planet has them on a regular, if not daily, basis.” Aversion now cured.

In writing this book and sharing her knowledge, Robynne Chutkan has created a comfortable (and educational) environment where all things ‘poo’ can be discussed. Gaining a better understanding of how our body works is cause for all to celebrate! Thank you Robynne Chutkan.

Dasi says

3 stars = I liked it!

Short, to the point reminder that plant based diet is the way to go, just now in the context of your gut microbes. Nothing life changing for me, but it was a good reminder. I don’t have any of the bowel issues that she describes so perhaps those who do will feel more ‘helped’ by the ideas. There are several easy and good recipes at the end.

Corey says

The recipes provided in the accompanying PDF to the Audible version of 'The Microbiome Solution' is highly useful for me.

I've never found so many good recipes, in one place, that I can tolerate, as I have in that PDF.

Richard says

Nothing new here. This is a rewrite of the author's previous books, same recommendations as before, only now with the hot new word "microbiome" added to everything. There are no references, no examples where microbiome testing changes anything clinically, just lots of buzzwords.

On the other hand, it is succinctly written, so If you suffer from gut issues you may find her style easy-to-read without being repetitious, a common fault with many similar diet books.

If you want to know about microbiome solutions, you're much better off reading Sonnenberg's book, which is written by an actual practicing scientist.

Joey says

These books are killing me.... There is not enough content to warrant a book here. This is a pamphlet repeated over and over and over again. And somebody please explain to me why these Doctors all feel the need to add a recipe section (other than the fact that they don't have enough content to fill a book)? They should save the paper and reference a website if they feel they must share their culinary brilliance (add heavy sarcasm here). The message here is a good one and I agree with a lot of what the author said, just got sick of hearing her say the same exact thing in just a slightly different way. Save your time and money, read a few articles on line and give this one a pass.

Barbara says

This book is a new way of looking at the possible causes of why you feel so lousy. It is also possible if you follow this revolutionary diet plan to reverse an autoimmune disease. Sounds good? Yes, if you are a sufferer, this book could be just what you have been searching for.

In this day and age, the majority of our medical doctors follow the same protocols to treat digestive issues; prescribing antibiotics, proton pump inhibitors and other medications that can help you feel better temporarily; but in the long run, destroy the lining of your digestive tract and cause all kinds of other symptoms to appear such as chronic fatigue, returning digestive issues, food intolerances, frequent infections, and feeling "off".

Dr. Robynne Chutkan, a preeminent gastroenterologist, discusses the Western diet and explains how we could unknowingly be destroying the "good bugs" that keep our digestive systems in top running condition. She cites many patient cases in her book which prove that a change in the way we eat could help heal and prevent these problems. The diet itself (mainly plant based) seems very sensible and not that difficult to follow. For those that are desperate and haven't been helped by the current medical system, this may be a godsend for you and definitely worth a try.

Frederico says

I was ready to be convinced to quit red meat, sugar, dairy and white flour when I embarked on this book. And I was easily convinced. I appreciated the idea of a gut garden, gut microbiome, feeding our gut bacteria... For me this is just the tip of the iceberg, I have many other books waiting to solidify my new way of life.

Rayfes Mondal says

This is a new field for exploration but I think there's enough evidence to link gut bacteria problems to various diseases and that anti-bacterial soap and excess antibiotic use is harmful to our internal and external microbiomes.

There's too much anecdotal evidence here but real results (good or bad) should be available in the next few years as clinical trials wrap up.

Nothing wrong with the diet recommended by this book but all the restrictions aren't necessary for healthy people though they don't hurt.

I wouldn't recommend a fecal transplant at this time since there are too many unknowns and not enough proven benefits.

I look forward to seeing how this area of knowledge matures.

Ken says

We live in a new age of weird diseases and symptoms -- many traveling under the "auto-immune" banner. People by the droves go to their primary care doctors and complain of stomach and digestive ailments (bloating, food allergies, abdominal pain), light-headedness, fatigue, skin rashes, eczema, rosacea, and worse. Their doctors, in turn, follow the protocols of their training and order up standard tests in search of something physical. The tests come back negative. Now doc is beginning to wonder if he has a hypochondriac on his hands, and the patients either persist or resign themselves to pain and misery, becoming depressed as symptoms continue to plague them. Sometimes more tests are ordered, but seldom is a solution found. It's a bad scene all around. Welcome to the world of microbes, the artful dodgers (at least when it comes to standard medical tests).

If you fit the description above, you should be reading Dr. Chutkan's latest book. She talks about "dysbiosis," a widely prevalent but seldom diagnosed condition where the microbial community in your body is way out of whack -- low on good bacteria and high on pathogens (bad bacteria) due to a host of modern-day causes: the accumulated ravages of antibiotic treatments, alcohol consumption, stress, diet (specifically lack of enough fiber, vegetables, fruits, fermented foods and too much sugar, carbs, processed "food," genetically-modified food), antacid use, NSAID use, birth-control pill regimes, chemotherapy, and artificial sweeteners.

As patients feel sicker, doctors unknowingly feed the flames by prescribing more pain medication, antibiotics, etc., to try to alleviate symptoms and show their patients that they are "doing something." Vicious, meet circle. The misery continues.

Well, if all politics are local, all health is in the gut. That's right. We are the microbial profile we feed on a daily basis. And while "feed" mostly means the mouth, it also includes the skin. Dr. Chutkan sees it as a twin mission: living dirty and eating clean. That means we do ourselves no favors by constantly cleaning our hands with hand sanitizers, applying skin products and soaps with anti-bacterial elements and good-bacteria killing chemicals (go ahead, read the ingredients, see if you have the slightest idea about what you are slathering to your skin and scalp on a daily basis... didn't think so).

The best part: Chutkan offers practical tips on turning it around -- what you should eat and what you should not eat. Watch out for corn, soy products, and sugar especially. They kill the Good Army and arm the Terrorist in your gut flora. They are almost all GMO-made monstrosities by now, thanks to companies like Monsanto, which have their profits (and yes, Big Pharma's, too, because sick people drive profits) to watch after. Certain bacteria (bad) thrive on sugar and artificial sweeteners and will hijack your body's eating preferences. What we call a "sweet tooth" is actually a type of bad bacteria clamoring from your gut for more

of what they need to survive (that it makes you sick means little to them, they are out for themselves and haven't a clue that they will die with you).

Chutkan also offers some basic day-to-day living advice, too. A little dirt is a good thing, as is being outside (or opening windows and letting the outside in). Remember when you were a kid? Always outside, barefoot and dirty, exercising through play and interaction with others? Compare to the present, where we spend so much time in our antiseptic, air-conditioned houses, take showers every day, shellack our skin with mysterious products, clean our homes with even more mysterious, bacteria-killing products. Recipe, meet disaster. Patient, meet doctor (yet again): "Doc, I feel miserable and I don't know why." Doc and Conventional Medicine don't know why, either.

As to the book itself, yes, it is somewhat repetitive at times and not a narrative wonder or anything, but I 4-star it for its contents and importance. Chutkan even devotes a chapter to the hardcore cases. Here she discusses fecal transplants, the latest frontier for people who cannot turn around their severe conditions through diet and lifestyle changes alone. Feces from healthy patients with the correct microbial profiles are transplanted into the intestines of the sick patient with miraculous results (just look the other way and get over your aversion, I guess). It's been a life-changer for people with relentless conditions like irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, pouchitis, infectious diarrhea, etc. Animals don't eat other animals' feces for nothing. Nature is often instructive (and gross). It's squeamish patients who often choose not to heed such lessons.

Finally, and not least importantly, the book ends with 95 pages of "microbiome solution" recipes, mostly for dishes that will feed the good and suppress the bad bacteria that live within you.

Yep. Brave New World (which looks suspiciously like our grandparents' Brave OLD World, before the corporations and chemicals started to hijack our willingly sheep-like lives). Advice: Buy or check out of the library. Then fight back against bad bacteria and bad businesses that will shed no tears over your slow and protracted demise.
