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Subject Brain Maker: Revealing The Power of Gut Microbes

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Dr. Galland's Newsletter

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 Pill Advised
Newsletter



April 30th, 2015

Brain Maker: Revealing the Power of Gut Microbes

 PROEPA

 **The Next Mission Revealing the Power of Microbes**

Brain Maker, the amazing new book from my good friend Dr. David Perlmutter, author of the international bestseller Grain

Brain, goes on sale today, April 28. In it, you'll find out how improving your gut health can save your brain.

 Dr. Perlmutter

Dr. Perlmutter reveals in **Brain Maker**, that we are not alone.

Even within the confines of the human body, each of us is colonized by more than 100 trillion microbes with whom we live symbiotically.

Fact: The health of your digestive system is intimately connected to the state of your brain. In Brain Maker, Dr. David

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Perlmutter shows us how to improve the microbiome in order to build long-term brain health.

Scientific exploration of these microbes, known collectively as the human microbiome, is now revealing fascinating relationships between, for example, the diversity and types of bacteria living within the gut and a vast array of disease conditions, including diabetes, obesity, allergy, arthritis, Alzheimer's disease, autism, anxiety, depression, multiple sclerosis, Parkinson's disease, coronary artery disease, inflammatory bowel disorders, celiac disease, skin disorders, and many, many others.

While we provide an environment that allows these organisms to flourish, they in turn interface with all manner of our physiology, regulating fundamental processes like immunity, metabolism, inflammation, the production of vitamins and neurotransmitters and even the expression of our DNA.

The empowering part of this emerging science is the story told by **Brain Maker**. For it is in these pages that you will learn how simple lifestyle changes, from food choices to use of antibiotics to even birth method selection, have a profound effect upon gut bacteria, and as such, will dramatically affect your health destiny – for the better.

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Best Health,

Jonathan Galland
Co-Founder and CEO

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