

Why we need to throw out the rule-book with Professor

author:



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Synopsis

In this episode, Dr Chatterjee meets Tim Spector, Professor of Genetics and author of *The Diet Myth*, to discuss gut health, microbes and food diversity. We hear about the Hadza community in Tanzania and how they are, surprisingly, in good health by default. Show notes available at: <https://drchatterjee.com/1> Follow me on [instagram.com/drchatterjee/](https://www.instagram.com/drchatterjee/) Follow me on [facebook.com/DrChatterjee/](https://www.facebook.com/DrChatterjee/) Follow me on twitter.com/drchatterjeeuk **DISCLAIMER:** The content in the podcast and on this webpage is not intended to constitute or be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have heard on the podcast or on my website.

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