

Gut

author: Giulia Enders

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Synopsis

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The key to living a happier, healthier life is inside us. Our *gut* is almost as important to us as our brain or our heart, yet we know very little about how it works. In *Gut*, Giulia Enders shows that rather than the utilitarian and - let's be honest - somewhat embarrassing body part we imagine it to be, it is one of the most complex, important, and even miraculous parts of our anatomy. And scientists are only just discovering quite how much it has to offer; new research shows that gut bacteria can play a role in everything from obesity and allergies to Alzheimer's. Beginning with the personal experience of illness that inspired her research and going on to explain everything from the basics of nutrient absorption to the latest science linking bowel bacteria with depression, Enders has written an entertaining, informative health handbook. *Gut* definitely shows that we can all benefit from getting to know the wondrous world of our inner workings. In this charming book, young scientist Giulia Enders takes us on a fascinating tour of our insides. Her message is simple: if we treat our gut well, it will treat us well in return. But how do we do that? And why do we need to? Find out in this surprising and surprisingly funny exploration of the least understood of our organs. Giulia Enders is a two-time scholarship winner of the Heraeus Foundation and is doing research for her medical doctorate at the Institute for Microbiology in Frankfurt. In 2012 her presentation of *Gut* won her first prize at the Science Slam in Berlin and went viral on YouTube.

Reader's comments

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