The Psychobiotic Revolution [PDF] by Scott C. Anderson

Overview:
Written by the leading researchers in the field, this information-rich guide to improving your mood explains how gut health drives psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria. This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines. Leading medical researchers John F. Cryan and Ted Dinan, working with veteran journalist Scott C. Anderson, explain how common mental health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome. Science is proving that a healthy gut means a healthy mind -- and this book details the steps you can take to change your mood and improve your life by nurturing your microbiome. * HOT NEW FIELD OF MEDICINE, anchored in results of $115-million study from the National Institute of Health, propagating new research all the time, covered in media constantly. * AUTHORS ARE WORLD LEADERS IN THE FIELD who coined the phrase "psychobiotics." Each have had 10,000 scholarly citations since 2010; Thomson Reuters named Cryan one of "the world's most influential scientific minds" in 2014. * CONTROVERSIAL,
NEWSWORTHY IMPLICATIONS about antidepressants, antibiotics, anxiety, obesity, autism, Alzheimer's, Parkinson's, and other prevalent ailments and treatments. * MEDIA-SAVVY AUTHORS are ready to promote.

Recommendations:

About Scott C. Anderson

SCOTT C. ANDERSON is a veteran science journalist with specialization in medical topics and computer programming. He was one of the creators of Lego Island, a computer game, and his work has combined computer programming with medical research. He runs a laboratory called Freedom Health that studies bacterial health in racehorses and has developed prebiotics for animals and humans. He lives in Hudson, Ohio (between Cleveland and Akron), was born in Frankfurt, Germany, and recently lived in Sonoma, California. JOHN F. CRYAN is professor and chair of the department of Anatomy & Neuroscience, University College Cork. A principal investigator in the Alimentary Pharmabiotic Centre, a leading-edge institute researching the role of microbiome in health and disease, he lives in Cork, Ireland. TED DINAN is professor of psychiatry and a principal investigator in the Alimentary Pharmabiotic Centre at University College Cork. He was previously chair of clinical neurosciences and professor of psychological medicine at St. Bartholomew's Hospital, London. He lives in Cork, Ireland.

Review quote

"This is an accessible guide for a lay audience on science that could radically alter the understanding of anxiety and depression, along with a host of other conditions." -Publishers Weekly "Although decidedly aimed at the lay reader, the tone throughout is very humorous; I found myself swiftly turning pages, excitedly anticipating the next witty joke. Overall, this is a great book that encourages you to 'take charge of your gut to optimize your mind and your mood'. This is a book that you would reluctantly lend to friends, in the fear that they might not return it." -Lancet