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microbiota gets out of balance, you can quickly become anxious.

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2017 by Scott C.

Anderson (Author),
John F. Cryan (Author),

Ph.D (Author), 4.6 out
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Revolution is less a book
and more a health
manual about the
importance of our
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ability of psychobiotics
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probiotics—to improve
mental health. The
primary narrator is

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author Scott Anderson; however, at times, the narration is taken over by John F Cryan and Ted Dinan, who are the principal investigators at the University College Cork APC Microbiome Institute in Ireland.

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Pages 165 on of The Psychobiotic Revolution detail the research, in rodents and humans and conditions for which they have been found to be helpful. There are lists of tested brands of probiotics,...

The Psychobiotic

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Psychobiotic Revolution 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.

The Psychobiotic
Revolution by Scott C

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Anderson, John F...

The Psychobiotic

Revolution is less a book

and more a health

manual about the

importance of our

microbiome, and the

ability of psychobiotics

—prebiotics and

probiotics— to improve

mental health. The

primary narrator is

author Scott Anderson;

however, at times, the

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narration is taken over by John F Cryan and Ted Dinan, who are the principal investigators at the University College Cork APC Microbiome Institute in Ireland.

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"The Psychobiotic
Revolution" is about
how certain gut
microbes positively or

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negatively affect your mood and what you can do about it. The main author wrote in a mildly humorous way and for the common person. While he'd use scientific terms, he immediately defined or described what those terms meant.

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It may be possible to
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Scott C. Anderson

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connection, by Scott
Anderson Reviewed by
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discovered that our DNA is 99% microbes and only 1% us. And microbes have more to do with our health and wellbeing than we might have imagined.

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The Psychobiotic

Revolution. 4.11 (465 ratings by Goodreads)

Hardback. English. By (author) Scott C

Anderson , By (author)

John F. Cryan , By

(author) Ted Dinan.

Share. Written by the

leading researchers in

the field, this

information-rich guide

to improving your mood

explains how gut health

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drives psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria.

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Anderson :

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the gut-brain

connection, by Scott

Anderson Reviewed by

Jerry Woolpy. We have

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DNA is 99% microbes

and only 1% us. And

microbes have more to

do with our health and

wellbeing than we might

have imagined.

The Psychobiotic

Revolution eBook:

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Anderson, Scott C...

“ In 2013, we defined a psychobiotic as a live organism that, when ingested in adequate amounts, produces a health benefit in patients suffering from psychiatric illness. As a class of probiotic, these bacteria are capable of producing and delivering neuroactive substances such as

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gamma-aminobutyric acid and serotonin, which act on the brain-gut axis.

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This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and

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state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines.

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book explains the
revolutionary new
science of psychobiotics

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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

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health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome.

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