

The Whole-Body Microbiome: How to Harness Microbes—Inside and Out—for Lifelong Health

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Probiotics are the miracle cure of our age, if we take the advertising world at its word. And yet, the conclusive studies and research haven't nearly caught up with the claims of the marketers. It's still early, folks.

But researchers are making great headway in discovering that microbes play an important role in a great many of our bodily functions, and numerous diseases and ailments, even if they don't yet understand exactly how and why the microbes do what they do.

Still, tantalizing examples abound. Did you know the lowest levels of Alzheimer's in the world are found in rural India, and that the most developed countries suffer the highest rates? Did you know antibiotic use is linked to depression? Can we then assume the involvement of microbiotic bacteria is a key factor in both those diseases?

In *The Whole-Body Microbiome: How to Harness Microbes—Inside and Out—for Lifelong Health*, Brett and Jessica Finlay (a father and daughter team) offer extraordinary new insight into the significance of the microbiome in any number of age-related conditions—from cancer to oral health, Alzheimer's to heart and lung function. The takeaway is that we need to look beyond gut bacteria, and recognize that there's very little about the microbiome that we fully understand, comforted by the fact that the Finlays and thousands of other experts are seeking the truth.

MATT SUTHERLAND (January/February 2019)

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