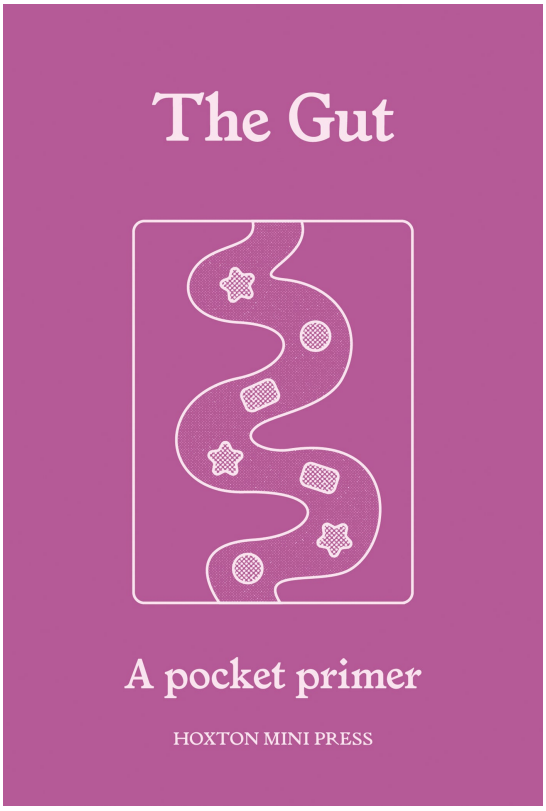
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The Gut

A Pocket Primer

Amy Flemming

ISBN	9781917719049
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Binding	Paperback / softback
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Size	4.5 in x 6.5 in
Pages	128 Pages
Illustrations	60 color
Name of series	A Pocket Primer
Price	$12.95

- Broken down into 60 bite-size topics that can be read in sequence or dipped into – perfect for the intelligent but time-poor reader
- Highly visual, with an image to accompany each topic
- The third title in a growing series, *Pocket Primers*, offering concise, intelligent and playful examinations of the pressing issues of our time

The human digestive system, or gut, can be understood like the hole of a doughnut. In other words, it's not really us at all, but a vast ecosystem of bacteria, yeasts, fungi, viruses and other micro-organisms collectively weighing up to two kilograms. And the gut does a lot more than simply break down our food – it impacts our immunity, stress levels and even our moods. The connection between the brain and the gut is one of the most exciting research areas of biology today, changing the way we manage our mental health. This book traces our understanding of the gut, from ancient medicine to modern day, examining the enormous impact this little-understood organ has on our lives.

Amy Fleming is a writer and editor covering science, health and culture for publications including the *Guardian, The FT* and *BBC Science Focus*.

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