

# The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out

*Robynne Chutkan. Avery, \$25.95 (304p) ISBN 978-1-58333-576-5*

## More By and About This Author

Gastroenterologist Chutkan (*Gutbliss*) makes a strongly argued proposal that people should “live dirty” and “eat clean.” She believes that damage to the human microbiome, or gut bacteria, lies at the root of many current health problems. Chutkan’s health plan accordingly aims to reverse what she identifies as negative consequences of urbanization and modern medicine: antibiotic overuse, chlorinated water supply, chemical- and hormone-filled processed foods, microbe-depleting pesticides, and increased rates of cesarean sections. She proposes to “rewild” the body—using the term for the reintroduction of species into areas where they’ve become extinct—by eliminating specific medications, practices, and foods. In the book’s first half, she breaks down how bacteria works in the body during different stages of life, from the womb to adulthood, and claims that modern hygiene, for all its benefits, can adversely affect immune system functioning. The book’s latter half outlines a diet focused on food in its “natural” state, grooming and personal care advice (complete with beauty product recipes), and strategies for handling health challenges, probiotics, and stool transplants. This is a thoughtful approach to health and wellness that’s well worth the time of readers able and willing to research and evaluate Chutkan’s many claims for themselves. (*Aug.*)