



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

Dr. Robynne Chutkan M.D.

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Live Dirty, Eat Clean—because every serious disease or chronic ailment begins in our gut. The author of *Gutbliss* and one of today’s preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health.

The microbiome—the collective name for the trillions of bacteria that live in our digestive tract—is today’s hottest medical news topic. Dr. Robynne Chutkan explains how the standard Western diet and our super-sanitized lifestyle are starving our microbes, depleting the “good bugs” that are crucial for keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria.

But, as Dr. Chutkan explains, there are effective lifestyle and diet changes we can make to reverse this damage. Dr. Chutkan has helped thousands of patients suffering from a disordered microbiome with her comprehensive Live Dirty, Eat Clean Plan, designed to remove damaging medications and foods, replace important bacteria that have been lost, and restore health. *The Microbiome Solution* offers: a microbiome overview, nourishing recipes, questions for your doctor, preventative and recovery health tips, and the next frontier for a severely troubled microbiome—the stool transplant.

This is the first book to provide a practical, effective plan for replenishing and optimizing the vital ecosystem in our gut. Start living dirty and eating clean today to ward off disease and begin the path toward lifelong, vibrant health.

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