



The Second Brain (HarperPerennial ed)

By Michael D. Gershon

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Second Brain (HarperPerennial ed), Michael D. Gershon, Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains -- the one in our head and the one in our bowel -- must cooperate. If they do not, then there is chaos in the gut and misery in the head -- everything from "butterflies" to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. The Second Brain represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or "it's all in your head."



READ ONLINE
[2.09 MB]

Reviews

An exceptional ebook along with the typeface utilized was fascinating to read through. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this publication.

-- **Judd Schulist**

This ebook is very gripping and exciting. It is one of the most amazing book we have study. Its been printed in an remarkably easy way and it is only after i finished reading this book through which really transformed me, affect the way i think.

-- **Camille Greenholt**