

## NUTRITION Module (M-5)

To Your Health Series {2022/10/24}

### Nutrition Books You Must Own, Read, and Study, #2

*Learn true nutrition principles schools don't teach you or your MD.*



### Book #1, Super Gut, by Dr. William Davis

Super Gut is the pinnacle book in this series. The previous T.P.L.T. article (now posted at <https://www.jimsway.com/provident-living-articles.html>) THEN, scroll down to NUTRITION Module (M-5): To Your Health {2022/10/10} Nutrition Books You Must Own #1 Problem & Background) that introduced this series noted the huge problem of modern degenerative diseases that were either very rare or nonexistent only a few decades ago. All of these conditions directly relate to the issues covered in Super Gut and all the other books to be presented in this series.

In last Wednesday's Zoom class (now posted at <https://www.jimsway.com/wed--sat-classes.html>) scroll down to: WE- 2022,10,126, Raw-•1 Nutrition Bk #2 Big Fat Surprise, •2 The Need For Top Health), I discussed some very serious personal health issues with myself and a family member that directly tie into these books and what can be done about them.

Between last week's article and the online class, I trust you understand the nature of my extreme interest and motivation on this topic, and my desire to share its message with others.

Even though Super Gut is the pinnacle book in this series, it does not stand alone, the other books are very important. They bring an additional depth and width of corroborating information on these catastrophic health issues that are destroying our collective mental/emotional, physical, and financial well-being.

### Book #2 in this Series is Extraordinary

**This second critical book, The Big Fat Surprise by Nina Teicholz, flies directly in the face of the fervent party line espoused by the FDA/ USDA/ American Cancer Society/ American College of Cardiology/ American Diabetes Association/ American Diabetic Association/ American Heart Association/ American Medical Association/ National Cancer Institute/ National Heart, Lung, and Blood Institute/ National Heart Advisory Council/ National Heart Institute/ National Institutes of Health/ Nutrition Foundation and my cardiologist, just to name a few.**

**By any stretch of the imagination Is it possible that these prestigious organizations collectively having had tens of billions of dollars in funding could be everlastingly WRONG?**

**The Big Fat Surprise is the amazing and frightening story of these many stakeholders went off the rails. Nearly all players say they want to do the right thing, but this book is the story of how what is passed off, on the surface, as good science is coopted by avarice, pride, megalomania, fear, greed, selection bias, and peer pressure that has directly caused pain, injury, disease, and death to more than one billion individuals. AND it's worse by the day.**

**Significant harm has, directly and indirectly, touched every single household in this country, including yours and mine.**

**You need to know this story, what you can do, and how to mitigate the damage being done to you and your household.**

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### **Links to Gut Health & Micro-Biome videos**

Just a few of the best I collected a couple of years ago. There are even more available now.

Microbes, Mental Wellness & Mealtime – Lisa Kilgour  
<https://www.youtube.com/watch?v=ghAmkVMYkPw>

Gut bacteria and mind control: to fix your brain fix your gut (1:01)  
[https://www.youtube.com/watch?v=mioR\\_WrkRaU](https://www.youtube.com/watch?v=mioR_WrkRaU)

Gut Health – Ben Warren's Top 10 Tips for a Healthy Gut

[https://www.youtube.com/watch?v=SRdEEC4i\\_3w](https://www.youtube.com/watch?v=SRdEEC4i_3w)

Understanding The Microbiome, Erica Sonnenburg, PhD

<https://www.youtube.com/watch?v=miEngVBrrlc>

How the Gut Microbiome Affects the Brain and Mind

<https://www.youtube.com/watch?v=b4CBy0uVqRc>

Feed your Microbes – Nurture Your Mind – John Cryan

<https://www.youtube.com/watch?v=vKxomLM7SVc>

Follow Your Gut: Microbiomes and Aging with Rob Knight - Research on Aging

<https://www.youtube.com/watch?v=2iKHMWzclM>

Claire Fraser - The Human Gut Microbiome in Health and Disease

<https://www.youtube.com/watch?v=YciV60j-PXQ>

Why Fixing The Gut Is The Key To Healing Chronic Disease. (1:07)

<https://www.youtube.com/watch?v=6IRWWWhQK9wU&feature=youtu.be>

Ted Talk- Your Gut Microbiome: The Most Important Organ You've Never Heard of (12min)

<https://video.search.yahoo.com/yhs/search?fr=yhs-Lkry-SF01&hsimp=yhs-SF01&hspart=Lkry&p=tal+ks+on+skin+and+gut+microbiome&guccounter=1#id=2&vid=fc4955ec372a844268eb035343908672&action=click>

Cancer and the Microbiome: How Bacteria Influence Immunotherapy with Dr. Gregory Sonnenberg

<https://video.search.yahoo.com/yhs/search?fr=yhs-Lkry-SF01&hsimp=yhs-SF01&hspart=Lkry&p=tal+ks+on+skin+and+gut+microbiome#id=31&vid=1071a0b3afa832bbf57e46bd71ee4abc&action=view>