



Tending Your Internal Garden.

Dr. Christopher J. Maloney

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Are you at war with your stomach? Gas pains? Odd gurgling? Melt-your-face bowel movements? Has your stomach been upset since you took antibiotics? Did you know that you're up against a jungle, and that you're outnumbered 10-to-1? In this short, packed, and often humorous book, Dr. Maloney takes you on a tour of your inner world and explains how to make peace with your stomach. Over the last ten years, researchers have begun mapping the human gut or microbiome. What they've found changes everything we've thought we knew about our relationship with bacteria, viruses, and fungi. Rather than living separately, we are intimately dependent on our own ecosystem. Dr. Maloney has condensed hundreds of studies into a readable, cutting-edge look at how to survive and thrive with our microbiomes.

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