

מהפכת המיקרוביום

מראי מקום

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פרק 1: המנוע של בריאותנו אינו אנושי כלל

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פרק 2: החיים במאה ה-21: יותר מדי מזון, פחות מדי תזונה, יותר מדי תרופות

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פרק 3: פתרון הסיבים: חומצות שומן קצרות-שרשרת ופוסטביוטיקה מנצחת

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פרק 4: שביל הזהב עשוי מכל צבעי הקשת בענן

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פרק 5: גם בעלי מעי רגיש יכולים להשיב לעצמם את התשוקה לצמחים

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פרק 8: מזונות לתדלוק בסיבים

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