

Heal Your Gut, Save Your Brain

The Five Pillars of Enhancing Your Gut and Optimizing Your Cognitive Health

By Partha Nandi MD

About the Book

Cognitive decline is not your destiny. You can improve your brain function through small steps taken every day.

Heal Your Gut, Save Your Brain by gastroenterologist and health advocate **Dr. Partha Nandi** highlights the latest research on the gut-brain connection, gives you a clear protocol for maintaining brain health, and slowing or reducing the effects of neurodegenerative diseases as you age. This book details:

THE VITAL GUT-BRAIN CONNECTION

Discover the profound link between your gut and brain, and explore how this connection shapes your emotions, cognitive abilities, and overall mental health.

NUTRITION'S ROLE IN GUT AND BRAIN HEALTH

Unlock the secrets of a diet that nurtures your gut microbiome, paving the way for enhanced brain function, reduced inflammation, and a shield against cognitive decline.

A NEW UNDERSTANDING OF LEAKY GUT SYNDROME

Dive deep into the causes and consequences of leaky gut, or increased intestinal permeability, learning how it can trigger systemic inflammation and affect brain health.

A HOLISTIC APPROACH

Embrace Dr. Nandi's five pillars of health—nutrition, movement, community, spirituality, and purpose—for a comprehensive strategy that nurtures gut health and, in turn, boosts cognitive function and overall vitality.

THE IMPACT OF THE MICROBIOME ON NEURODEGENERATION

Learn about the critical role of your gut's microbiome in preventing and battling neurodegenerative diseases like stroke, Alzheimer's, and Parkinson's.

About the Author

Partha Nandi, M.D., F.A.C.P. is American Board of Internal Medicine certified in Gastroenterology and Internal Medicine. He is the author of several peer reviewed publications and lectures residents and fellow physicians regarding topics in gastroenterology and hepatology. He is an international health advocate, keynote speaker, and media expert, whose no-nonsense approach to health and wellness combines Eastern and Western techniques and philosophies. He is also the host of The Dr. Nandi Show, with millions of viewers worldwide, the chief health editor at WXYZ ABC Detroit, and the author of two previous books.



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