

— FOR IMMEDIATE RELEASE —

A Preventable Brain Health Crisis: Dr. Partha Nandi's New Book, *Heal Your Gut, Save Your Brain*, Reveals the Key to Protecting Your Brain Health

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Detroit, MI – Dr. Partha Nandi, a leading gastroenterologist, bestselling author, and global health advocate, announces the release of his groundbreaking new book, *Heal Your Gut, Save Your Brain: The Five Pillars of Enhancing Your Gut and Optimizing Your Cognitive Health*. Published by Mayo Clinic Press, the book reveals a revolutionary approach to preventing neurodegenerative diseases through gut health.

The Brain Health Crisis: It Takes Guts to Save Your Brain

Neurodegenerative diseases are escalating at an alarming rate. Every three seconds, someone in the world is diagnosed with dementia, and every four minutes, a stroke occurs in the United States. By 2050, millions more will be at risk for Alzheimer's, Parkinson's, and other cognitive disorders. Dr. Nandi's book addresses this urgent health crisis by uncovering the often-overlooked connection between the gut and brain health.

"It takes guts to save your brain," says Dr. Nandi, known as the "Health Hero" and host of the Emmy Award-winning TV show *Ask Dr. Nandi*. "By understanding the gut-brain axis and nurturing our gut health, we can prevent cognitive decline and extend our mental vitality."



About the Book: A Roadmap to Brain Health

In *Heal Your Gut, Save Your Brain*, Dr. Nandi dives deep into the gut-brain axis—a two-way communication system where the gut influences mental health, cognitive function, and the risk of neurodegenerative diseases. He explains how the trillions of bacteria in our gut, known as the microbiome, play a pivotal role in maintaining brain function, mental clarity, and emotional balance. The book presents **The Five Pillars of Gut-Brain Health**, offering a comprehensive guide to transforming one's health by healing the gut and protecting the brain.

Why This Book Matters Now

- **A Rising Crisis:** Neurodegenerative diseases like Alzheimer's and Parkinson's are becoming a national emergency, with millions more expected to be at risk by 2050.

- **The Gut-Brain Axis:** Research shows that the gut microbiome has a profound impact on brain health, influencing mood, cognition, and the immune system.
- **Actionable Solutions:** Dr. Nandi provides a step-by-step roadmap to improve gut health, reduce the risk of brain diseases, and enhance mental clarity.

Key Messages from *Heal Your Gut, Save Your Brain*

- **Protect Your Brain:** Learn how nurturing your gut can prevent neurological diseases like Alzheimer's and Parkinson's.
- **Optimize Mental Clarity:** Understand the gut-brain connection and how it can improve memory, focus, and mood.
- **Combat the Crisis:** Equip yourself with practical strategies to address the brain health crisis and safeguard your cognitive function for the long term.

The Five Pillars of Gut-Brain Health

1. **Nutrition:** Discover brain-boosting foods that nurture the gut and support cognitive health.
2. **Movement:** Learn how exercise enhances brain function through gut stimulation.
3. **Mindfulness:** Reduce stress and balance the gut-brain axis to maintain emotional resilience.
4. **Purpose:** Uncover how a life filled with purpose protects the brain and reduces disease risk.
5. **Community:** Build supportive relationships that foster gut and brain health.

Interview Topics

- The gut-brain axis and its impact on mental health and cognitive function
- How to take practical steps to improve gut health and prevent neurodegenerative diseases
- Understanding the microbiome's critical role in brain health
- Implementing the Five Pillars of Gut-Brain Health in daily life

About the Author: Dr. Partha Nandi

Partha Nandi, MD, FACP 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.



Media Inquiries

Dr. Nandi is available for interviews, media appearances, and speaking engagements related to *Heal Your Gut, Save Your Brain* and the urgent need to address the brain health crisis through preventive care.

Contact:

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Availability

Heal Your Gut, Save Your Brain will be available on October 1, 2024, at Amazon, Barnes & Noble, and all major booksellers.

About Mayo Clinic Press

Mayo Clinic Press creates empowering health and wellness content in partnership with medical experts. Proceeds from the sale of every book go to benefit important medical research and education at Mayo Clinic.



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