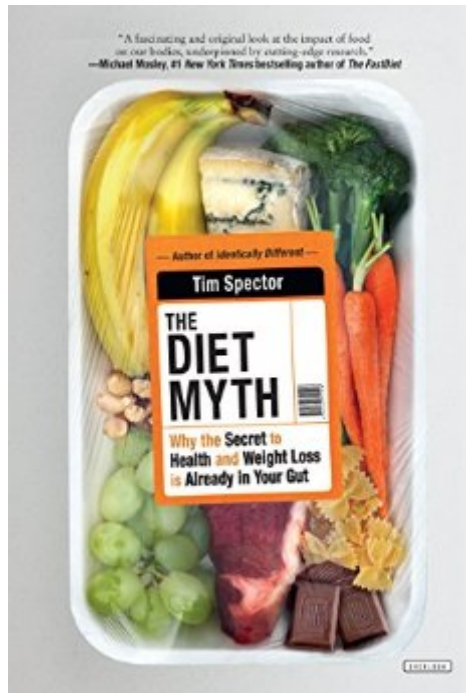


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# The Diet Myth: Why The Secret To Health And Weight Loss Is Already In Your Gut



## Synopsis

A revealing new book that shows the key to health and weight loss isn't which foods we eat—it's the microbes already inside us. What should we eat? It's a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn't so much what we put into our stomachs, but rather the essential digestive microbes already in them. Drawing on the latest science and his team's own pioneering research, *The Diet Myth* explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own personal microbes tick and interact can we overcome the confusion of modern nutrition, allowing us to regain natural balance in our bodies. Countless recent scientific papers have been written on weight-loss topics like prebiotics and fructans, and *The Diet Myth* gathers these latest findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy stomach, and a nourished body.

## Book Information

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## Customer Reviews

I wanted to like this book. The author and I share a lot of the same opinions. But this book is unreadable, inconsistent, and just odd. It needs a good editor, at a minimum. There are lots of examples. One that I'm interested in is fiber. I cured myself of lots of stuff by following a high fiber diet. There is a chapter devoted to that. Cool. The chapter starts with an anecdote about a colleague of his presenting a lecture showing pictures of "impressively large African" stools of about 2 lbs, compared to the European average of 4 ounces. Said Africans were apparently very healthy. I'm hooked - I'm familiar with this from my high fiber diet. But there's no follow-up. No analysis. Just a standard discussion of prebiotic fiber. Even worse, the tenor of the book is that many scientific studies are poor quality or are wrongly interpreted. Nothing new if you follow the news. Moreover, anecdotal evidence and advice from nutritionists are not to be trusted because they are not scientific. We can only trust scientific evidence (the same science that we could not previously trust?). Unfortunately, science has not adequately addressed whatever issue the author is discussing, so the author presents his advice as a conjecture. In a sense, the author is acting as an over-educated nutritionist, not as a scientist. Does this matter? In the case of fiber, the author argues that "it has been crudely estimated that a healthy person needs about 6 grams of prebiotics per day..." No reference. I've done a LOT of study of this issue, and I've never seen this number or anything close. I'm not giving a low ranking because he apparently believes this. There's just no documentation. There's no suggestion of how this has been crudely estimated.

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