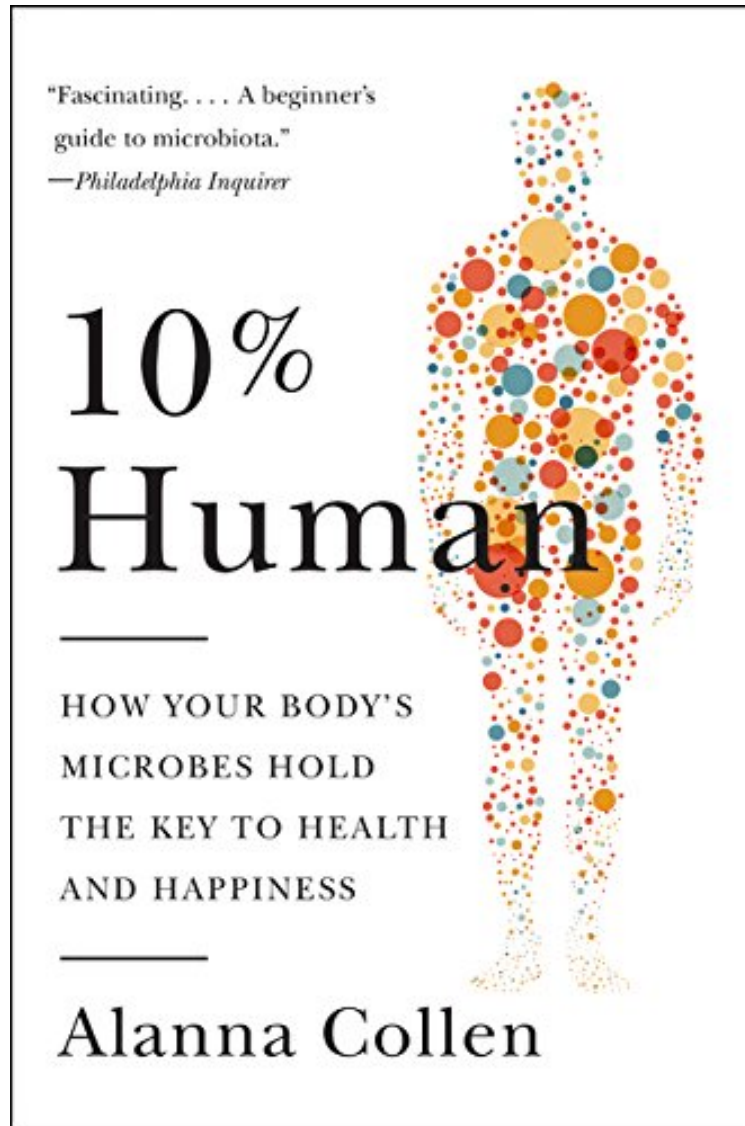


# 10% Human: How Your Body's Microbes Hold the Key to Health and Happiness

Alanna Collen

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**Alanna Collen : 10% Human: How Your Body's Microbes Hold the Key to Health and Happiness** before purchasing it in order to gage whether or not it would be worth my time, and all praised 10% Human: How Your Body's Microbes Hold the Key to Health and Happiness:

69 of 70 people found the following review helpful. An accessible, peer-review researched book... highly recommendedBy Hal NashThis writer provides a very readable book after researching the PEER REVIEW

JOURNALS that contain the research she refers to in the book. She does not serve up her opinions very often and simply presents the research in an accessible style that most adults could read and understand. Other books about gut microbes are not as firmly based on peer review articles as this book is. Collen is an evolutionary PhD biologist which is essential in understanding this particular topic. Very briefly, bacteria were the only organisms on the planet for about 3 BILLION years. All other organisms that have arisen on Earth were born into a sea, an ocean of bacteria. And all of those organisms have had to deal with that bacterial ocean... or die. It's really no wonder the bacteria are the ones that are really controlling things. I am in my 30th year of teaching community college biology courses for nursing students and my degrees are both in microbiology. There's a lot of junk pseudoscience out there... but this book is not one of those. Here in my last year of teaching, we are reading this book as a supplement to our regular text, and going through each chapter as a class. If you don't read this book, you are missing out on a lot of answers to yours and our chronic health problems... from autism, obesity/overweight, allergies, diabetes, autoimmunity, antibiotic overuse, and diet. How we cultivate our microbiome is the key to understanding health in the 21st century. Without any reservations, I recommend this read.

0 of 0 people found the following review helpful. Best book on health I have read  
By Jacy C  
Best health book I have read. I love reading novels, but tend to skim non-fiction for specific information. So, when I found myself staying up half the night and trying to carve out time to continue reading this book, I was amazed. It is extremely well written. The science is all there for those of us with an interest, but the best part is that every conjecture was backed with a scientific study and sound logic. I look forward to her next book.

4 of 4 people found the following review helpful. There are a lot of announcements in the News Media ...  
By PNEU  
There are a lot of announcements in the News Media about different health concerns that I find questionable or just plain ridiculous. The author of this book takes the time to walk through a very real approach to handling many health concerns and does so in a manner that satisfies my science background. My thanks to Alanna Collen.

You are just 10% human. For every one of the cells that make up the vessel that you call your body, there are nine impostor cells hitching a ride. You are not just flesh and blood, muscle and bone, brain and skin, but also bacteria and fungi. Over your lifetime, you will carry the equivalent weight of five African elephants in microbes. You are not an individual but a colony. Until recently, we had thought our microbes hardly mattered, but science is revealing a different story, one in which microbes run our bodies; remaining a healthy human is impossible without them. In this riveting, shocking, and beautifully written book, biologist Alanna Collen draws on the latest scientific research to show how our personal colony of microbes influences our weight, immune system, mental health, and even our choice of partner. She argues that so many of our modern diseases—obesity, autism, mental illness, digestive disorders, allergies, autoimmune afflictions, and even cancer—have their root in our failure to cherish our most fundamental and enduring relationship: that with our individual colony of microbes. The good news is that unlike our human cells, we can change our microbes for the better. Life and your body will never seem the same again.

A fascinating look into the world of the microbiological hitchhikers that travel with us throughout our lives. Recommended for all readers, particularly those contending with the diseases listed and parents making health choices for their children that may have far-reaching consequences. (Library Journal (starred review)) Exciting and novel. A fascinating study of the intertwined lives of microbes and humans—a manual for the new, healthy way of being dirty. Read it, and you will learn to love your microbiota. (Newsweek) A fascinating subject to consider. A beginners guide to microbiota. There's value in Collen's point about reconsidering what is truly healthy at a time when healthy living is so in vogue. (Philadelphia Inquirer) Collen's evidence for how each person's microbiota, or personal community of microbes, impacts his or her health is undeniably powerful. She creates compelling connections between microbes and the twenty-first-century illnesses that affect all of us in some way (Bustle) A welcome antidote to the simplistic boost your health with probiotics books and articles posing as science. Fascinating. Collen always brings the story back to the human level. Everything you wanted to know about microbes but were afraid to ask. (Kirkus (starred review)) Collen argues convincingly that our enthusiasm for killing human bacteria is playing a leading role in ailments ranging from immune problems and obesity to autism. (The Listener, the 100 Best Books of the 2015) Compelling. Packed with extensive research and interviews, with insights hidden like gems in the text. Adept at explaining complex topics like the workings of immune system cells, Collen is strong on biological and historical context for each point. (Gut Microbiota Worldwatch) Collen's book satisfies on every level. 10% Human is a page-turner that will leave science-loving readers wishing for more. (The ASCO Post) This book was a mind-changer for me, but it has a moderate tone that will appeal to skeptics and believers alike. Please, please read this book. It will make you smarter about your own health, your children's health and the sociology of human illness. (Leeannesowel.com) Fascinating. I like 10% Human because while talking to an incredibly specific topic, it highlights the wholeness of the whole. It reminds me that no matter how specific we get with anything—it's always part of a bigger picture. (Actionable Books) About the Author Alanna Collen is a science writer with a master's degree in biology from Imperial College London and a PhD in evolutionary biology from University College London and the Zoological Society of London. She is a well-travelled zoologist, an expert in bat echolocation, and an accidental collector of

tropical diseases. During her scientific career, Collen has written for the Sunday Times Magazine, as well as about wildlife for ARKive.org. She has appeared on both radio and television, including BBC Radio 4's The Tribes of Science and Saturday Live, and BBC One's adventure-wildlife show Lost Land of the Volcano. She lives in Bedfordshire, England, with her husband.