

## **Gut Health & Metabolic Health Research Resources**

The sources include a broad group of authors approaching the same/similar subject from various backgrounds and professions.

The first 14 books listed below are written by health practitioners who have been treating patients with a wide variety of autoimmune diseases for years. Some of them are also teaching other practitioners. The second list of 7 books are written by university researchers or science educated writer.

Note, the first 14 books listed below are in order of my personal preference. Also 15 of the 21 books listed were published 2015 to 2020. The information coming out on this subject is time sensitive. The new books have the most current facts about the microbiome and its role it plays with us humans.

### **1. Any Way You Can — Annette Bosworth M.D. [Dr. BOZ] (2018)**

- Based in Sioux Falls, South Dakota, Annette Bosworth, MD is an Internal Medicine physician with over 22 years of experience helping patients overcome long-term, chronic conditions through lifestyle adjustment, preventive medicine, and other therapeutic paths. She loves lecturing in town halls, jails, churches and universities. From politics to mission work, she lets her faith lead her to the next chapter of life-always looking for teachable moments. Always fighting for the underdog, she encourages patients with chronic health problems to "Fight it ANYWAY YOU CAN. Ketones for Life."
- **Book subtitle** – Doctor Bosworth Shares Her Mom’s Cancer Journey: A Beginner’s Guide to Ketones for Life
- **FOCUS** – This author focuses on producing ketones. Dr. BOZ is the BEST source for information when living a ketone life style. She has researched and practices a ketone producing way of eating and teaches other in this way of life and health. Also provides a tremendous amount of training/information via videos on ketone production on YouTube.
- Check out her new Book - **Keto Continuum** - Consistently Keto Diet For Life (2021)

### **2. The Obesity Code – Jason Fung M.D. (2016)**

- PRACTICING M.D. - Nephrologist (kidney specialist) who is a world-leading expert on intermittent fasting and LCHF (Low Carb High Fat), especially for treating people with type 2 diabetes.
- **Book subtitle** – Unlocking the Secrets of Weight Loss
- **FOCUS** – Jason’s focus using fasting as a method to treat diabetic patient – rest the gut/rest the glucose load in body in turn resting the pancreas work

### **3. The Complete Guide to Fasting – Jason Fung M.D. and Jimmy Moore (2016)**

- PRACTICING M.D. Jason Fung – See above
- LOW CARB DEIT PROMOTER - Jimmy Moore - In January 2004, Jimmy Moore made a decision to get rid of the weight that was literally killing him. At 32 years of age and 410 pounds, the time had come for a radical change of lifestyle. A year later, he had shed 180 pounds, shrunk his waist by 20 inches, and dropped his shirt size from 5XL to XL.
- **Book subtitle** – Heal your body through intermittent, alternate-day, and extended fasting
- **FOCUS** – Jason’s focus using fasting as a method to treat diabetic patient – rest the gut/rest the glucose load in body in turn resting the pancreas work

### **4. No Grain, No Pain – Peter Osborne Doctor of pastoral science, Board Certified Clinical Nutritionist (2016)**

- FUNCTIONAL MEDICINE PRACTITIONER - Served as executive director and vice president for American Clinical Board of Nutrition. Is on advisory board for Functional Medicine University
- **Book subtitle** - A 30-day diet for eliminating the root cause of chronic pain
- **FOCUS** – Peter’s focus is making the case for removing all grains from your diet. As a practitioner he has worked with countless patients who had celiac or were gluten sensitive. He found that when people remove wheat and commonly known gluten containing grains they got better but then regressed. He discovered that if they removed all grains (corn, rice and etc.) their gut recovered completely.

**5. The Autoimmune Fix - Tom O'Bryan DC CCN DACBN (2016)**

- TEACHER-Received numerous diplomas U of Michigan, numerous chiropractic and nutritionist related diplomas. Holds teaching faculty positions with the Institute of Functional Medicine and National University of Health Science. Provides a course to Certified Gluten Practitioners and other
- **Book subtitle** - How to stop the hidden autoimmune damage that keeps you sick, fat and tired before it turns into disease.
- **FOCUS** –Very good at explaining the gut, its function and the autoimmune system using very understandable examples to explain complex facts. Provides the reader with a very complete understanding of what goes wrong within our digestive track and how it can be repaired.

**6. The Plant Paradox – Steven R. Gundry M.D. (2017)**

- M.D. Cardiac surgeon and medical innovator, Served as a clinical associate at the National Institutes of Health, Fellowship at the Hospital for Sick Children, Great Ormond Street, London, Former Professor and Chairman of Cardiothoracic Surgery, Loma Linda University Medical Center. Served on the Board of Directors, American Society of Artificial Internal Organs. Founding board member and treasurer, International Society of Minimally Invasive Cardiothoracic Surgery. Two successive terms as President of the Board of Directors, American Heart Association, Desert Division. Current medical director, International Heart & Lung Institute and founder and current director of the Center for Restorative Medicine
- **Book subtitle** - The Hidden Dangers in “Healthy” Foods that Cause Disease and Weight Gain
- **FOCUS** – Steven spent decades as a cardiac surgeon, medical device inventor and a medical school professor. So these years of experience gave him a unique prospective of treating patients, research and development and training the new generation of medical doctors. His focus is educating the general public about the health related dangers in the American diet: toxic protein hidden in plants called lectins, gluten is actually one form of lectin. Steven tells the story of this discovery, the health issues lectins cause and how to resolve health issues relative to them.

**7. Brain Maker – David Perlmutter M.D. (2015)**

- M.D. BOARD-CERTIFIED NEUROLOGIST, Board of Directors and a Fellow of the American College of Nutrition, Associate professor at University of Miami Miller School of Medicine authored numerous bestselling books and research papers
- **Book subtitle** - The power of gut microbes to health and protect your brain – for life
- **FOCUS** – David, being a neurologist approaches the subject of gut health in Grain Brain & Brain Maker from the prospective of our diet and life style’s impact on brain health and specifically dementia and alzheimer’s. In the book he shares his own experiences with his 96 year old dad who was experiencing dementia/Alzheimer’s. Grain Brain focuses more on grain’s impact on brain health and in Brain Maker he gets into the gut brain connection.

**8. Grain Brain – David Perlmutter M.D. (2013)**

- The surprising truth about wheat, carbs and sugar – your brain’s silent killers

**9. It Starts with Food – Melissa & Dallas Hartwig (2012)**

- FUNCTIONAL MEDICINE PRACTITIONER (CERTIFIED SPORTS NUTRITIONIST) - Dallas Hartwig is a licensed physical therapist specializing in treating lifestyle-related hormonal, digestive and metabolic health issues
- CERTIFIED SPORTS NUTRITIONIST - Melissa Hartwig
- **Book subtitle** - Discover the Whole30 and change your life in unexpected ways
- **FOCUS** – This couple provide detailed information from the nutritionist/physical therapist point of view. They lay out the logic in this book for the bases of their Whole 30 plan. A blueprint for rediscovering good health by finding out what foods adversely impact your health. These authors share information on how to feed your body under various conditions depending on your activity level including be very athletic.

**10. Eat Dirt – Josh Axe DNM, DC, CNS (2016)**

- DOCTOR OF CHIROPRACTIC AND CLINICAL NUTRITIONIST - He is a certified doctor of natural medicine. He has been a physician for many professional athletes
- **Book Subtitle** - Why leaky gut may be the root cause of your health problems and 5 surprising steps to cure it
- **FOCUS** – Josh has a great deal of real life practice helping people regain their health by changing diet, sleep, exercise and stress management. He incorporates those experiences in his book.

**11. Wheat Belly – William Davis M.D. (2011)**

- M.D. CARDIOLOGIST in Milwaukee and author
- **Book subtitle** - Lose the wheat, lose the weight, and find your path back to health
- **FOCUS** – As a cardiologist in Milwaukee he found that his main barrier to good health was the high level of “healthy grains” in his diet. He removed those and recovered personal good health. He also discusses how routine methods of determining a patient’s risk of heart disease are missing important facts. He provides the science for these important new facts and discusses what testing should be used to measure and determine risk for heart disease.

**12. The Daniel Plan - Rick Warren D.MIN, Daniel Amen M.D., Mark Hyman M.D. (2013)**

- PASTOR - Rick Warren
- PRACTICING PSYCHIATRIST – Daniel Amen
- M.D. PRACTICING PHYSICIAN – Mark Hyman
- **Book subtitle** - 40 days to a healthier life
- **FOCUS** – This book takes a Christian community approach to helping people come together to work at improved health through what we put in/on our bodies, our exercise, sleep and all the while relying on God to provide us with the will to make these changes.

**13. The Microbiome Diet – Raphael Kellman M.D. (2014)**

- M.D. PRACTICING PHYSICIAN – Raphael Kellman
- **Book subtitle** - The scientifically proven way to restore your gut health and achieve permanent weight loss
- **FOCUS** – Raphael is a practicing MD. He details his own method used to help patients regain health through diet, supplementation and life style.

**14. Change Your Brain; Change your Life – Daniel Amen M.D. (2015)**

- PRACTICING PSYCHIATRIST - Double Board-Certified Psychiatrist, Neuroscientist, Numerous bestselling books, Distinguished Fellow of the American Psychiatric Association
- **Book subtitle** - The breakthrough program for conquering anxiety, depression, obsessiveness, lack of focus, anger and memory problems
- **FOCUS** – Daniel practices psychiatry much different than others, using brain scan images as a base for diagnosing his patients and for tracking their progress. His first He has incorporated practices based on gut health to assist in bringing his patients back to health

The authors of these last 7 works approach the subject from research or informational point of view. All are well written and easy to read. Each of these covers a unique fact base and they are done well.

### 1. **Why We Get Sick – Benjamin Bikman PhD (2020)**

- BYU professor who teaches and does research. His undergraduate degree in Exercise Science and the PhD is in Bioenergetics. His research is centered around the causes and consequences of obesity with particular emphasis on insulin resistance.
- **Book subtitle** – The Hidden Epidemic at the Root of Most Chronic Disease – and How to Fight It
- **FOCUS** – Benjamin is scientist revealing the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer’s disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it.

### 2. **Immunity Fix – Dr. James DiNicolantonio & Siim Land, MS (2020)**

- Dr. DiNicolantonio - Cardiovascular research scientist and Doctor of Pharmacy at Saint Luke’s Mid America Heart Institute in Kansas City, Missouri, and author of The Salt Fix, Superfuel and Mineral Fix (2021). Well-respected and internationally known scientist and expert on health and nutrition, he has contributed extensively to health policy and has even testified in front of the Canadian Senate regarding the harms of added sugars. Serves as the Associate Editor of Nutrition and British Medical Journal’s (BMJ) Open Heart, a journal published in partnership with the British Cardiovascular Society. The author or coauthor of approximately 200 publications in the medical literature. He is also on the editorial advisory boards of several medical journals. He has shared his expertise on The Dr. Oz Show, The Doctors, and international news media outlets.
- Siim Land - Siim Land is an author, content creator, public speaker, coach, and biohacker. He talks about human optimization, optimal nutrition, and peak performance.
- **Book subtitle** – Strengthen your immune system, fight off infections, reverse chronic disease and live a healthier life
- **FOCUS** – The Immunity Fix is a comprehensive guide to how the immune system works, how different viruses and infections affect our health and offers strategies that have been shown to enhance the immune system. It includes the most up-to-date scientific information about the most important factors related to staying healthy during viral outbreaks as well as in everyday life. There’s also practical tips and tools that improve stress resilience, speed of recovery, metabolic health, cardiovascular function and quality of life. Here are the topics discussed in the book: \* Lessons From Past Pandemics \* Fundamentals of the Immune System and Immunosenescence \* Immunity and Cancer: What’s the Link? \* Magnesium Deficiency and Immunodeficiencies \* How an Overactive Immune System Drives Chronic Inflammation and Autoimmune Diseases \* COVID-19 and an Overactive Immune System \* Insulin Resistance and Immunity \* Balancing Our Omega 6/3 Ratio to Calm an Overactive Immune System \* Hot and Cold Therapy to Prime the Immune System \* Eating for a Healthy Immune System \* The Power of Nutrients and Nutraceuticals for Boosting Immunity \* Intermittent Fasting, Autophagy and Immunosenescence \* Exercise and Immunity \* Sleep, Circadian Rhythms, and the Immune System Compared to other books about the same topic, The Immunity Fix takes an objective view about the pros and cons of every known intervention and lays out the most research-backed protocols to follow. This book will teach you how to support your immune system, what to do when you actually get sick and how to improve your overall health and vitality.

**3. Salt Fix – Dr. James DiNicolantonio (2017)**

- Dr. DiNicolantonio – Same as above
- **Book subtitle** – Why the Experts Got It All Wrong – and How Eating More Might Save Your Life
- **FOCUS** – Dr. James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He’s reached a startling conclusion: The vast majority of us don’t need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition—especially for those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized—a never-before-told drama of competing egos and interests—and took the fall for another white crystal: sugar.

**4. The Good Gut – Justin Sonnenburg PhD, Erica Sonnenburg PhD (2016)**

- RESEARCHERS at Stanford University in Microbiologist & Immunology
- **Book subtitle** - Taking control of your weight, your mood and your long-term health
- **FOCUS** – This couple does research together at Stanford University specifically on the microbiome. They explain how they have already changed their family’s dietary practices to reap the benefits of an improve microbiome. In order to understand the microbiome it requires a tremendous amount of research. They share detailed the how research is done.

**5. Surprises from Celiac Disease: Scientific American – Alessio Fasano M.D. (2009)**

- M.D. PRACTICING PHYSICIAN - Chief of Pediatrics Gastroenterology and Nutrition at Mass General Hospital for Children. Director of Center for Celiac Research and also the Mucosal Immunology and Biology Research Center, Visiting professor of pediatrics at Harvard Medical School, Authored numerous papers
- **Article subtitle** - Study of a potentially fatal food-triggered disease has uncovered a process that may contribute to many autoimmune disorders
- **FOCUS** – This article discusses the root cause of celiac disease, intestinal permeability (leaky gut), what it is and how it was discovered. He also explains how this root cause may contribute to autoimmune diseases.

**6. Gut – Giulia Enders (2015)**

- PHD PROGRAM IN GASTROENTEROLOGY - Enders is enrolled in the PhD program in gastroenterology at Goethe University in Frankfurt Germany
- **Book subtitle** - The inside story of our body’s most underrated organ
- **FOCUS** – Giulia’s book is more about the physical anatomy of the digestive system with some discussion on the influence gut microbes have on health. She has a fantastic way of touring the digestive system so that a lay person will enjoy a potentially boring topic.

**7. Tripping Over the Truth – Travis Christofferson, MS (2017)**

- Travis received his undergraduate degree in molecular biology from the Honors College at Montana State University and a master’s degree in material engineering and science from the South Dakota School of Mines and Technology. Today he is a full-time science writer and founder of a cancer charity. He lives in South Dakota.
- **Book subtitle** – How the Metabolic Theory Cancer Is Overturning One of Medicine’s Most Entrenched Paradigms
- **FOCUS** – For anyone affected by cancer and the physicians who struggle to treat it, this book provides a fresh and hopeful perspective. It explores the new and exciting non-toxic therapies born from the emerging metabolic theory of cancer. These therapies may one day prove to be a turning point in the struggle against our ancient enemy. We are shown how the metabolic theory redraws the battle map, directing researchers to approach cancer treatment from a different angle, framing it more like a gentle rehabilitation rather than all-out combat. In a sharp departure from the current “targeted” revolution occurring in cancer pharmaceuticals, the metabolic therapies highlighted have one striking feature that sets them apart—the potential to treat all types of cancer because they exploit the one weakness that is common to every cancer cell: dysfunctional metabolism.