

Microbiome Library List

Books:

- **Missing Microbes—Martin Blaser**
The author argues that the human microbiome is now being irrevocably damaged by medical advances—including antibiotics, which upset the balance of bacteria, leading to obesity, asthma, diabetes, and cancer.
- **10% Human—Alanna Collen**
Biologist Alanna Collens explains how our personal colony of microbes, “imposter cells hitching a ride,” affects our mental health, physical well-being, and life choices—even influencing our selection in partners.
- **Welcome to the Microbiome: Getting to Know the Trillions of Bacteria and Other Microbes In, On, and Around You—Rob Desalle, Susan L. Perkins Patricia J. Wynne**
This book presents what researchers are discovering about the microbial world and the implications of advances in DNA sequencing for modern science and medicine.
- **The Wild Life of Our Bodies—Rob Dunn**
Biologist Rob Dunn contends that while clean living—like scrubbing our bodies to remove bacteria, parasites, and other predators—has been beneficial in some ways, it has also made us sicker.
- **Gut—Giulia Enders**
The author suggests that the gut is the core of who we are, which is why communication between the gut and brain is one of the fastest-growing areas of research—on a par with stem cell research.
- **Life’s Engines—Paul G. Falkowski**
Paul Falkowski explains how microbes, our oldest ancestors, serve as the engines behind all terrestrial life forms. With personal stories, analogies, and hard fact, the author explores the awe inspiring universe of microbes while warning about the dangers of tinkering with these complex nanomachines given how human life today would cease to exist without them.

- **The Art of Fermentation— Sandor Ellix Katz**
The author contextualizes fermentation in terms of biological and cultural evolution, health, and nutrition while also offering nuts-and-bolts information on the microbial processes involved in fermentation and effective techniques for preservation.
- **Follow your Gut—Rob Knight**
This book explores the relationship between microscopic life inside our bodies and influences on such things as health, mood, sleep patterns and eating preferences.
- **Brain Maker—David Perlmutter**
In describing the relationship between intestinal microbes and brain-related conditions, Dr. Perlmutter suggests six strategies to improve gut ecology in ways that regenerate brain health and reduce neurological conditions.
- **Cooked—Michael Pollan**
In its final section, this book provides an in-depth look at the microbial processes that occur during food fermentation.
- **Good Germs Bad Germs—Jessica Snyder Sachs**
The author contends that although public sanitation and antibiotic drugs have increased the human life span, they have also produced a new crises by disrupting the balance between humans and microbes.
- **The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-Term Health—Justin Sonnenburg and Erica Sonnenburg**
Two scientists show how we can care for our gut microbes to avoid their extinction, a decline that could be behind the spike in food allergies and increases in rates of autism, cancer, and depression.

Documentaries:

Resistant—Michal Graziano and Ernie Park

The filmmakers explore how the overuse and incorrect application of antibiotics are leading to a global crisis of antibiotic resistant bacteria. Integrating expert opinion with the first-hand knowledge of ordinary individuals, the documentary reveals how resistance affects our food supply, impacts our personal health, and presents challenges for our hospitals while also suggesting how we might proactively address and remedy this concerning situation.