



MICHAEL D. GERSHON, M.D.

THE SECOND BRAIN

A GROUNDBREAKING NEW UNDERSTANDING OF
NERVOUS DISORDERS OF THE STOMACH AND INTESTINE

Your Gut Has a



Mind of Its Own

Second Brain A Groundbreaking New Understanding Of Nervous Disorders Of The Stomach And Intestine

Fred Provenza



Second Brain A Groundbreaking New Understanding Of Nervous Disorders Of The Stomach And Intestine:

The Second Brain Michael D. Gershon, 2024-04-16 Persuasive impassioned hopeful news for those suffering from functional bowel disease New York Times Book Review Dr Michael Gershon's groundbreaking book fills the gap between what you need to know and what your doctor has time to tell you Dr Michael Gershon has devoted his career to understanding the human bowel the stomach esophagus small intestine and colon His thirty years of research have led to an extraordinary rediscovery nerve cells in the gut that act as a brain This second brain can control our gut all by itself Our two brains the one in our head and the one in our bowel must cooperate If they do not then there is chaos in the gut and misery in the head everything from butterflies to cramps from diarrhea to constipation Dr Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis nervous stomach and irritable bowel syndrome The Second Brain represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or it's all in your head **The Second Brain** Michael Gershon, 1998-10-07 Dr Michael D Gershon's groundbreaking work clearly demonstrates that the human gut actually has a brain of its own This remarkable scientific breakthrough offers fascinating proof that gut instinct is biological a function of the second brain An alarming number of people suffer from heartburn nausea abdominal pain cramps diarrhea constipation or related problems Often thought to be caused by a weakness of the mind these conditions may actually be a reflection of a disorder in the second brain The second brain located in the bowel normally works smoothly with the brain in the head enabling the head brain to concentrate on the finer pursuits of life while the gut brain attends to the messy business of digestion A breakdown in communication between the two brains can lead to stomach and intestinal trouble causing sufferers great abdominal grief and too often labeling them as neurotic complainers Dr Gershon's research into the second brain provides understanding for those who suffer from gut related ailments and offers new insight into the origin extent and management The Second Brain is the culmination of thirty years of research It is an extraordinary contribution to the understanding of gastrointestinal illnesses as well as a fascinating glimpse into how our gut really works **Birth Territory and Midwifery Guardianship**

Kathleen Fahy, Maralyn Foureur, Carolyn Hastie, 2008-07-14 Midwives and other healthcare providers are grappling with the issue of rising intervention rates in childbirth and trying to identify ways to reverse the trend It is increasingly accepted that intervention in childbirth has long term consequences for women and their children Birth Territory provides practical evidence based ideas for restructuring the birth territory to facilitate normal birth Links new research findings to birth environments and outcomes Describes the elements of an ideal birthing environment Suggests how to modify existing maternity services to achieve optimal results Investigates the links between the experiences of women and babies and outcomes Explores the effects of legal and socio political factors **The Hormone Factor in Mental Health** Linda M. Rio, 2013-09-21 Endocrine imbalances can cause a whole host of physical and mental health problems With contributions

from some of the world's most respected physicians, psychiatrists and psychotherapists, this book provides accurate information on hormone imbalances and disorders, how to recognise the signs in patients and how to treat them effectively.

Nourishment Fred Provenza, 2018-11-26 Nourishment will change the way you eat and the way you think. Mark Schatzker, author of *The Dorito Effect*. Provenza is a wise observer of the land and the animals and becomes transformed to learn the meaning of life. Temple Grandin, *Reflections on feeding body and spirit in a world of change*. Animal scientists have long considered domestic livestock to be too dumb to know how to eat right, but the lifetime research of animal behaviorist Fred Provenza and his colleagues has debunked this myth. Their work shows that when given a choice of natural foods, livestock have an astoundingly refined palate, nibbling through the day on as many as fifty kinds of grasses, forbs and shrubs to meet their nutritional needs with remarkable precision. In *Nourishment*, Provenza presents his thesis of the wisdom of a body that links flavor feedback relationships at a cellular level with biochemically rich foods to meet the body's nutritional and medicinal needs. Provenza explores the fascinating complexity of these relationships as he raises and answers thought-provoking questions about what we can learn from animals about nutritional wisdom. What kinds of memories form the basis for how herbivores and humans recognize foods? Can a body develop nutritional and medicinal memories in utero and early in life? Do humans still possess the wisdom to select nourishing diets, or has that ability been hijacked by nutritional authorities? Is taking supplements and enriching and fortifying foods helping us or is it hurting us? On a broader scale, Provenza explores the relationships among facets of complex, poorly understood, ever-changing ecological, social and economic systems in light of an unpredictable future. To what degree do we lose contact with life-sustaining energies when the foods we eat come from anywhere but where we live? To what degree do we lose the mythological relationship that links us physically and spiritually with Mother Earth, who nurtures our lives? Provenza's paradigm-changing exploration of these questions has implications that could vastly improve our health through a simple change in the way we view our relationships with the plants and animals we eat. *Nourishment* is a conversation between science, culture and a greater spiritual or cosmological umbrella. Montana Public Radio.

Writing and the Body in Motion Cheryl Pallant, 2018-04-25 Based upon the author's lifetime practices as a dancer, poet and teacher, this innovative approach to developing body awareness focuses on achieving self-discovery and well-being through movement, mindfulness and writing. Written from a holistic rather than dualistic view of the mind-body duality, discussion and exercises draw on dance, psychology, neuroscience and meditation to guide personal exploration and creative expression.

A Modern History of the Stomach Ian Miller, 2015-10-06 This is the first exploration of the relationship between the abdomen and British society between 1800 and 1950. Miller demonstrates how the framework of ideas established in medicine related to gastric illness often reflected wider social issues, including industrialization and the impact of wartime anxiety upon the inner body.

Paleo Fitness Brett Stewart, Darryl Edwards, Jason Warner, 2013-06-11 GO BACK TO BASICS The best way to get a strong, lean physique is to eat and work out the way nature intended. Paleo Fitness guides

you through the fitness and exercise plan anthropological evidence has proven to be the most efficient healthiest way to live work out in the real world for the real world A healthy athletic physique is as easy as tuning in to how your body evolved This book shows how to work out with functional playful and primal movements for improved strength speed stamina greater mobility flexibility life long fitness good health Packed with step by step exercises a two week meal plan and delicious satisfying healthy recipes Paleo Fitness helps you use the high intensity methods proven to increase fitness in the shortest possible time

Autism Elizabeth B. Torres, Caroline Whyatt, 2017-09-25 Autism The Movement Sensing Perspective is the result of a collaborative effort by parents therapists clinicians and researchers from all disciplines in science including physics engineering and applied mathematics This book poses questions regarding the current conceptualization and approach to the study of autism providing an alternative unifying data driven framework grounded in physiological factors This book reaches beyond subjective descriptions of autistic phenomena and embraces a new era of objective measurements analyses and statistical inferences The authors harness activities from the nervous systems across the brain and body often in tandem and introduce a platform for the comprehensive personalized phenotyping of individuals with autism The impact of this approach is discussed to advance the development of tailored treatments options enhance the ability to longitudinally track symptomatology and to fundamentally empower affected individuals and their families This book encompasses a new era for autism research and treatments and our continuous effort to collectively empower and embrace the autistic community

Operating Manual for Enlightenment Lincoln Stoller, 2024-11-01 This book is not offering enlightenment it s describing it The enlightened mind unites intellect and emotion despite their separation being built into the structure of our brains This split appears in the mythic division between our lower and higher natures and the separation of mind and body Intellect and emotion function in concert As color and shape are to vision one complements the other When fully integrated they cannot be taken apart The topics in the book s first half lean toward the intellectual The second half looks at the division from the emotional side What we are separating with one hand we are putting together with the other Struggle We naturally consider our problems as different from ourselves We see them in our environment and rely on our skills and insights to resolve them Our intellectual solutions address one aspect of these problems while our emotions address another Are these problems to be solved or processes to be understood What should we do if our problems are inside us Mind Your state determines your readiness arousal and self reflection Your state of mind orients your thinking how you can feel about yourself and who you re able to be Equally important are thoughts you re not likely to have or cannot have at all This book is about the states of mind that support focus awareness thoughts and feelings It s is not a guide to solving problems it s an explanation of how you see State With our state of mind we gather our thoughts and focus our attention Focus without a state is like a telescope with no one to look through it In order to focus first take full responsibility for all you think and feel The properties of your state determine what you re capable of One state of mind is not enough because you cannot

understand the world from one point of view Your future is determined by your range of states of mind Wisdom Alternate states of mind support understandings we don't have They may be logical emotional spiritual or evanescent They could involve knowledge spread across generations so that no one generation has the complete picture We might call them prophetic inspired psychedelic or delusional Larger states of mind develop with experience but they're not defined by the facts they hold One needs a state of mind that can accommodate contradictions without generating conflict Instantaneous Enlightenment Change does not happen instantly but epiphanies feel instantaneous The reason is simple a new state is a whole rearrangement of one's previous conception There are no halfway states to total rearrangement Many pieces need to fall into place before we can make ourselves into something new We are at a watershed moment in our understanding of the mind after which psychology will change Instead of focusing on thoughts and behavior we are coming to understand that what's important is what you can think and how you can behave The Operating Manual is an intellectual emotional and neurological road map to the integration you don't yet have REVIEWS and WORDS of PRAISE What a pleasure to see the wry wit and humor of an old friend focused on that which we all take for granted our deep complex hard problem of consciousness It is not a linear treatise but a winding through the mind's labyrinthine pathways to archetypal insights What a pleasant journey Jay Gunkelman Chief Science Officer of Brain Science International and NeuroNet Neuroscience Centers Past president of the International Society for Neurofeedback and Research and the Biofeedback Society of California I strongly recommend Operating Manual for Enlightenment It is a true guide to empowering and liberating yourself written in common language The pages are full of gems for readers of all ages and interests Adrian Bejan Distinguished Professor of Engineering author of Freedom and Evolution and The Physics of Life The Evolution of Everything Like Castaneda's The Teachings of Don Juan Lincoln's Operating Manual is an essential life reference wherever whenever or whoever slips into these fields of care and concern or dives into the waves of the vast ocean of life These visions from the oh so human minds are worthy of the effort Thank you inspired Armand Huet de Grenier psychotherapist adult and youth special educator organization business consultant Fellow of the Clinical Hypnosis Society of Nova Scotia and past president of the Mahone Bay Buddhist Meditation Centre Carrier of the of the Eagle Staff at the Gesgapegiag Mi kmaq SunDance in Maria Quebec Dr Lincoln Stoller thinks outside the box of current thoughts and existing practices beyond the dross of what's taught to find the potential we've been told to keep hidden Are you a conformist or a rebel Do you do what you're told or go for the gold ring Go over the breach to lead future generations into the world Thank you Dr Stoller Tony Hunt Host of Educational Triage Podcast Alternative Ed Director and Developer A cornucopia of facts thoughts and ideas about what it is to be us Such a pleasure to read Allan Leslie Combs Professor of Consciousness Studies author of The Radiance of Being and Consciousness Explained Better The finest book on consciousness written in modern times bar none Ken Wilber Lincoln's work goes to places few have gone before Drawing on dozens of fields he creates a super structure of everything that inhabits your body

and mind I consider him a true sage sharp thinker and skillful therapist For the first time in my life I m grasping what it feels like to be integrated Whole with myself Richard Guenther MSc IT Manager Business Analyst ve gained so many connections into the crazy day I ve had allowing me a bigger space to process all the voices personalities and opinions that came up Charlene Bradbury speech therapist Through carefully crafted examples and exercises the author illustrates how these elements converge enhancing our understanding of such a complex subject An enriching journey of insights on enlightenment highlighting the interconnectedness of intellect and emotion experience and being with clear and brilliant exposition Dr Rub n P rez Elvira Neuropsychologist Enlightenment is a complex concept in these dark times Or is it Lincoln Stoller has a knack for deriving clarity from complexity without being verbose He shines his black light of enlightenment on the crime scene of contemporary consciousness finding clues to the nature of humanity where others see only stains An enjoyable insightful read Captain Ben Doc Askin author and podcast host of Anti Hero s Journey

Foundations for Clinical Neurology Robert Lauren MD,2017-08-02 *Foundations for Clinical Neurology* presents basic principles of neurology in a user friendly way for practicing neurologists as well residents fellows and students Written in a clear and concise format this book will perfectly complement the traditional neurology textbook This volume on neurology is divided in to three primary sections The first section Practicing Neurology covers bedside investigation diagnosis imaging techniques and therapeutics Section 2 Topics in Neurologic Disease reviews subjects in neurologic disease that are often overlooked but are very important and the third section Perspectives provides insight in to how we talk think and develop concepts in neurology With understanding of the evolution of neurologic concepts the terminology and classifications used by neurologists and the methodologies used to prove cause of disorder and disease the practicing neurologist can provide the most effective care Topics discussed in *Foundations for Clinical Neurology* include Verbal and nonverbal communication especially during the history taking portion of a neurologic examination How to be effective and avoid common pitfalls in the neurologic exam Difficulties in applying diagnostic criteria and formulating diagnoses and Advantages of using CT or MRI scanning in various clinical situations

No Grain, No Pain Peter Osborne,2016-01-26 A must read book for anyone suffering from chronic pain Sara Gottfried MD *No Grain No Pain* demonstrates the proven link between a gluten heavy diet and chronic pain and discomfort and offers a groundbreaking 30 day grain free diet to help you heal yourself from the inside out More than 100 million Americans suffer from chronic pain according to an Institute of Medicine report released in 2011 For many chronic pain is part of an autoimmune disease but all too often doctors turn to the same solution painkilling drugs But all of this medication simply isn t helping and as Dr Peter Osborne the leading authority on gluten sensitivity and food allergies has found the real solution often lies in what you eat In *No Grain No Pain* Dr Osborne shows how grains wreak havoc on the body by causing tissue inflammation creating vitamin and mineral deficiencies and triggering an autoimmune response that causes the body to attack itself But he also offers practical steps to find relief Using his drug free easy to implement plan you will be

able to eliminate all sources of gluten and gluten like substances experience significant improvement in fifteen days and eliminate pain within thirty days The first book to identify diet specifically grain as a leading cause of chronic suffering No Grain No Pain provides you with the knowledge you need to improve your health Based on extensive research and examples culled from thousands of his satisfied patients Dr Osborne recommends changing your diet to achieve the relief that millions of Americans have been seeking once and for all leading to a healthier happier life

Biodynamic Craniosacral Therapy, Volume Two Michael J. Shea, Ph.D., 2008-08-19 The first volume of Biodynamic Craniosacral Therapy presented the basics of craniosacral therapy as a gentle compassionate healing art that can be used by psychologists midwives chiropractors and massage and physical therapists In this second volume author Michael Shea goes deeper into the entire biodynamic paradigm analyzing the relationship of trauma resolution psychodynamics and shamanism and providing practical meditations visualizations and clinical skills to restore physical spiritual and emotional health The book opens by exploring the meaning of biodynamic followed by a discussion of human embryology as a path to healing in any form of therapy This section offers a set of pioneering techniques based on perceiving stillness slow movement as a fundamental healing influence The next section describes the bridge between trauma resolution therapy and biodynamic work establishes a new containment model and offers skills for resolving shock and trauma A special section contains fresh strategies for anyone working with infants and children along with a provocative analysis linking the infant mother relationship to the patient therapist relationship Finally Shea provides a unique perspective on depth psychology mythology and healing This includes the defining difference between biodynamic craniosacral therapy and all other forms of craniosacral therapy the focus on the nature of spiritual disease and shamanism

The Biology of Trauma Aimie Apigian, 2025-09-23 This groundbreaking book breaks down the latest research to reveal how trauma impacts our bodies on a cellular level and offers an empowering path to whole body healing Today we know more about mental health than ever before but traditional medicine still mistakes subtle signs of trauma for stress anxiety or chronic disease sometimes even retraumatizing patients with outdated and misguided methods Treatment plans that focus on the mind are only addressing the downstream effects Likewise common medical approaches to manage symptoms fail to explore root causes and promote genuine recovery If we want to truly heal we need to understand trauma as something happening inside of the body not as a singular external event Gaining clarity on how our bodies hold onto experiences impacting both our physical health and our ability to maintain healthy behaviors and relationships is crucial That's where Dr Aimie Apigian's integrative revolutionary approach comes in With a decade of clinical research approachable storytelling and real life examples The Biology of Trauma will show you How the body absorbs scarring experiences and overwhelm Ways to identify commonly overlooked trauma symptoms like lethargy foggy and unexplained worry Recognize how emotional pain stored in the body affects overall health on a cellular level even for people with functionally successful lives Prevent trauma induced changes in your biology that suppress the cycle of recovery Work

with your nervous system to safely heal without risk of retraumatization Perfect for both individuals seeking personal growth and health professionals improving their practice The Biology of Trauma will help you gain deep insights into your own mind body and healing journey

A History of Habit Tom Sparrow, Adam Hutchinson, 2013-06-10 From bookshelves overflowing with self help books to scholarly treatises on neurobiology to late night infomercials that promise to make you happier healthier and smarter with the acquisition of just a few simple practices the discourse of habit is a staple of contemporary culture high and low Discussion of habit however tends to neglect the most fundamental questions What is habit Habits we say are hard to break But what does it mean to break a habit Where and how do habits take root in us Do only humans acquire habits What accounts for the strength or weakness of a habit Are habits something possessed or something that possesses We spend a lot of time thinking about our habits but rarely do we think deeply about the nature of habit itself Aristotle and the ancient Greeks recognized the importance of habit for the constitution of character while readers of David Hume or American pragmatists like C S Peirce William James and John Dewey know that habit is a central component in the conceptual framework of many key figures in the history of philosophy Less familiar are the disparate discussions of habit found in the Roman Stoics Thomas Aquinas Michel de Montaigne Ren Descartes Gilles Deleuze French phenomenology and contemporary Anglo American philosophies of embodiment race and gender among many others The essays gathered in this book demonstrate that the philosophy of habit is not confined to the work of just a handful of thinkers but traverses the entire history of Western philosophy and continues to thrive in contemporary theory A History of Habit From Aristotle to Bourdieu is the first of its kind to document the richness and diversity of this history It demonstrates the breadth flexibility and explanatory power of the concept of habit as well as its enduring significance It makes the case for habit s perennial attraction for philosophers psychologists and sociologists

Capturing the Ineffable Philip Y. Kao, Joseph S. Alter, 2020-05-12 Grounded in ethnographic case studies that examine experiences from which wisdom emerges Capturing the Ineffable provides a rigorous analysis of the sociocultural context of wisdom in the contemporary world Each chapter in the volume deals with different aspects and showcases how communities in different contexts nursing homes religious organizations corporations and monastic institutions for example engage with the ineffability of wisdom Contributors draw from a range of disciplines and cross cultural and historical data in order to interpret the meaning and value of wisdom as a human endeavour This book also represents an anthropological method for evaluating various philosophical and scientific approaches to understanding wisdom including how wisdom is learned and taught Readers will be able to appreciate how action emotion uncertainty and cultural systems come to bear on wisdom as a value in human life and expression In the end Capturing the Ineffable reveals how the conception and paradoxical nature of wisdom dispels the dichotomies of self other structure agency known unknown nature culture and the like What is at stake is a recasting of wisdom as a particular kind of anthropological endeavour and thus a return to and modification of philosophical anthropology

Boundary Spanners of

Humanity R. S. Zaharna, 2022 Written by a leading scholar of public diplomacy *Boundary Spanners of Humanity* introduces a pan human vision of communication that can revolutionize how we collaborate to solve global problems Never before has humanity enjoyed better technological capabilities for interconnection than today Ironically rather than benefiting from the global pool of human resources and intellectual wealth to solve shared problems nations are experiencing public discord and global divisions *Boundary Spanners of Humanity* tackles the challenge of how to enhance global collaboration by introducing three pan human logics of human communication and public diplomacy that can transform how we view diversity in an interconnected world R S Zaharna begins by asking why the very tools needed for global collaboration communication and public diplomacy are undermining our efforts to work together Her research reveals how contemporary communication is based on a nineteenth century mindset of separateness that divided people into mutually exclusive cultural and national categories That mindset reinforces human divisions and erodes global collaboration In a radical break from conventional models Zaharna introduces a vision of humanity centered public diplomacy featuring three complementary logics of communication Zaharna s innovative approach stems from decade long interdisciplinary research that spans from ancient cosmologies to emerging neurobiology She draws on a rich array of global examples from ancient and indigenous precolonial diplomacies to spontaneous online communication during the Covid 19 pandemic to provide insights into overlooked aspects of emotion empathy spirituality and synchrony in how nations and people communicate in the global arena Ambitiously conceived this book will bring a new global understanding of how to conduct public diplomacy for the world s boundary spanners those who would find commonality among our many divisions and collaborate on humanity s shared global problems

Living with Crohn's & Colitis Jessica Black, N.D., Dede Cummings, 2010-06-29 A wellness plan for those with inflammatory bowel diseases like Crohn s and ulcerative colitis with expert guidance on creating a gut healthy diet finding the right treatments for you and much more Approximately 1 5 million people in the United States alone are afflicted with inflammatory bowel disease IBD a category of illnesses that includes Crohn s disease and ulcerative colitis and that number is steadily growing Although there is not yet a cure for Crohn s or ulcerative colitis patients can help reduce their symptoms and improve their overall wellbeing by following a comprehensive wellness plan such as those outlined in *Living with Crohn s Colitis* *Living with Crohn s Colitis* offers patient focused expert guidance on everything from the latest medical treatments how to cope with a diagnosis and tips for balancing diet with a busy lifestyle so you can form a personalized wellness plan Also included Easy to understand information on the role of inflammation and the immune system on gut health Traditional and alternative treatment options for a broad full body approach to wellness A three month wellness plan adjustable to each individual s health needs Over 25 delicious recipes designed for those with IBD Learning to live with the myriad aspects of Crohn s and ulcerative colitis treatment including dietary restrictions and medications can seem overwhelming Written by a naturopathic doctor and a Crohn s patient *Living with Crohn s Colitis* is a thoughtful balanced resource to help you on your

journey to wellness **Paleo from A to Z** Darryl Edwards, 2015-09-14 A Paleo Lifestyle Encyclopaedia If you are looking for a simple way to better understand Paleo concepts Darryl's Paleo from A to Z guide is the go to resource Mark Sisson best selling author of The Primal Blueprint Looking for answers to your questions about Paleo living Look no further This Paleo encyclopaedia makes it easy to learn how to achieve better health by reducing the impact of foods and practices that didn't exist before the dawn of agriculture Written in jargon free language Paleo from A to Z lists over 500 alphabetized topics and incorporates a simple cross referencing system that links related subjects together so you can find the answers to your questions quickly and easily Not only does this handy guide provide you with the information you need to achieve better health through nutrition and lifestyle it will also motivate you to stay on your journey to improved well being with practical tips tricks and trivia Topics covered in Paleo from A to Z include What foods to enjoy and avoid for a healthy Paleo diet Toxic chemicals to dodge in your food on your skin and in your home The role of inflammation in your body Simple tips to improve sleep reduce stress and regain vitality Whether you're new to Paleo living or you're an experienced practitioner this is your go to guide for living the healthy lifestyle that nature intended **Fully Present** Susan L. Smalley, Diana Winston, 2007-04-03 From Buddhist traditions to daily exercises enhance your physical and mental health with the ultimate practical guide to mindfulness from two leading experts Mindfulness the art of paying attention with an open and curious mind to present moment experiences has attracted ever growing interest and tens of thousands of practitioners who have come to the discipline from both within and outside the Buddhist tradition In Fully Present leading mindfulness researchers and educators Dr Sue Smalley and Diana Winston provide an all in one guide for anyone interested in bringing mindfulness to daily life as a means of enhancing well being Fully Present provides both a scientific explanation for how mindfulness positively and powerfully affects the brain and the body as well as practical guidance to develop both a practice and mindfulness in daily living not only through meditation but also during daily experiences such as waiting in line at the supermarket exercising or facing difficult news

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Introduction

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