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Spotlight on Books

Gut: The Inside Story of Our Body's Most Underrated Organ by
Giulia Enders

Giulia Enders was a German medic working on her PHD in Gastroenterology when she won the Science Slam prize for this breezy, very accessible exploration of the complex system of mechanisms that constitute our digestive system. While Enders draws on current research related to our gut and the way it works, this is no academic tome.

The author takes the embarrassment out of communication about such scatological topics as, for example, the best position to assume when defecating and her book fascinates on many levels. Giulia Enders' passion is clear and derives from her belief that we should celebrate our gut; she observes that the movements involved in burping or breaking wind "are as delicate and complex as those of a ballerina".

Gut is a real page-turner and a veritable treasure trove of facts – did you know, for example that a horse cannot vomit? Enders sheds light on areas of research of significance to all of us who strive to maintain good general health including the role of bacteria in converting our food to energy and in training our immune systems to be more resilient and exactly why antibiotics can wreak havoc with our systems. She explores, as well, the link between gut health and obesity and mental health. Evidently a happy gut begets a happy mind! The author's lively text is charmingly illustrated with whimsical drawings created by her sister Jill Enders.

Gut is an excellent choice to partner with Mary Roach's *Gulp* – both are available for check-out from Yellowknife Public Library.

- *Reviewed by Deborah Bruser, Library Manager*

