



Digestive Intelligence: A Holistic View of Your Second Brain

By Irina Matveikova

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Digestive Intelligence: A Holistic View of Your Second Brain By Irina Matveikova

Digestive Intelligence tells the fascinating story of how our digestive systems are the centre of our bodies' second brain and how we think and live our emotions via our stomachs.

Not impossible when you consider there is something equivalent to the size of a village football pitch hiding inside our bellies – that's the incredible magnitude of our digestive systems. They contain an extensive network of nerve cells, called neurons, which carry information to the brain and thus have a profound effect upon our intellectual, emotional and immune processes.

Dr Matveikova answers the obvious questions: “How?” and “Why can this be so?” by explaining, in straight forward layman’s language, that the digestive system contains more than one million neurones, identical to those in the brain and is responsible for producing 90% of the body’s hormone, serotonin, the all-important hormone which makes us feel happy and full of wellbeing. It follows, that if our stomachs are “out of sorts” we can feel irritable, in a bad mood, lacking in energy and those feelings will block our intellectual productivity, tend to disorientate us and completely change our thought patterns and physical processes.

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Editorial Review

Review

The work of professionals like Dr Matveikova is essential... showing us what we have chosen to ignore and encouraging us to embark on a healthier lifestyle leading to a real sensation of wellbeing and vital hygiene.-- Joana Bonet "Marie Claire, Spain "

I highly recommend Dr Irina Matveikova as a prominent expert in all aspects of nutrition, beauty and health. I count her among the top and most serious international experts in the field of nutrition.--Irene San Segundo "Glamour "

Irina's treatment is progressive, logical, easy to understand and naturally-based but it requires the patient to put in the same spark of optimism and confidence that Dr Matveikova gives out. Through my experience with Irina, I have been able to reach a better level of aligning my mental and physical energy levels. As Hippocrates advised us (back in 460 A. C.) "your food should be your medicine and your medicine should be your food." Dr Irina is wise and pays attention to the classics in her field and, therefore, many of us are now benefitting from her extraordinary knowledge. -- Jose Antonio Zarzalejos, journalist and lawyer; ex-director of El Correo and ABC newspapers in Spain

The thesis and basis of this book by Irina Matveikova, MD, is that our brains and the digestive system are connected. That's a simple fact but the consequences explored here are both revealing and most helpful. The connection is made by neurons in the brain which both respond to and influence the digestive system. The relationship is holistic and the author, from this standpoint, gives explanations and practical advice on digestive issues.--Bill Anderton "Pilgrims" (06/16/2014)

Matveikova opens our eyes to the idea that when we say, "I've got a gut feeling about that..." we are really talking about an essential intelligence that our digestive system plays a part in. Great read for those seeking a better understanding of how the mind/body works and its role in things like irritable bowel, Crohn's Disease and more.--Brad Olsen "Heartland Healing "

About the Author

Dr. Irina Matveikova is licensed in Medicine, Endocrinology and Clinical Nutrition by the University of Minsk (Belarus). She is also a certified expert in Eating Disorders Behaviour. She is the author of numerous articles concerning digestive health and nutrition in well-respected international medical journals and magazines and has also written a dictionary of medicinal plants (in five languages).

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