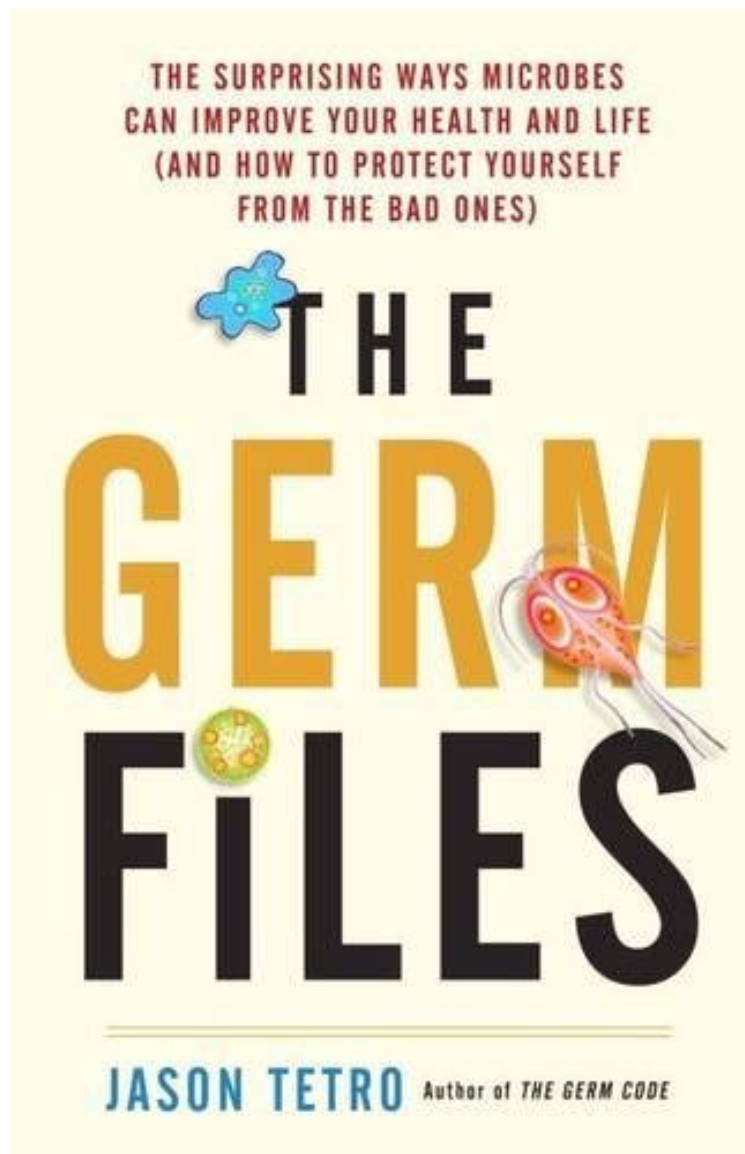


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## The Germ Files: The Surprising Ways Microbes Can Improve Your Health and Life (and How to Protect Yourself from the Bad Ones)

Jason Tetro

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Protect Yourself from the Bad Ones):

0 of 0 people found the following review helpful. Amazing info.By W. BensonEasy read with great content. Many surprising facts if you are concerned about germs. Wish I had known these things years ago.0 of 0 people found the following review helpful. EasyBy Robert LewisGives a down to earth explanation of what's going on inside. Easy read0 of 0 people found the following review helpful. Four StarsBy CustomerThis is an easy read for the general public to understand the very basics of health.

SOME GERMS ARE OUT TO GET US. . . . But we shouldn't let a delinquent, pathogenic minority taint our view of the other 99.9 per cent. The microbes living on and inside us outnumber the cells in our bodies three to one. Many provide services on which our well-being, our moods, our very lives depend. They help to digest our food and operate the immune system. They trade information about potential mates when we kiss. They alert the brain to problems in different locations around the body. The balance of their populations in our gut is a crucial factor in our physical and mental health. The effect of germs on our lives is not, however, a one-way street. We can help their efforts by the way we lead our lives. The Germ Files is a one-stop source of the most up-to-date, life-changing information on our relationship with microbes, presented in concise and highly readable items grouped by theme. Areas covered include health, hygiene, sex, childcare, nutrition and dieting. The Germ Files will answer your questions about everything from preventing flu to selecting probiotics, while constantly surprising you with revelations about the miraculous workings of the microscopic world.

National Bestseller"Jason Tetro has provided an owner's manual for the trillions of personal organisms that we cannot live without. It's an easy read guide to how they participate in health, food, beauty and even sex. It will change the way you look at your entire being." Bob McDonald, host, CBC Radios Quirks Quarks "Reading this book is like going on safari with a smart and experienced adventure guide. Sit back as Tetro brings into focus a world of magnificent microscopic creatures, and reveals what their fascination behaviour means for human well-being." Ziya Tong, Host, Daily Planet, Discovery Channel. "When you flush the toilet, keep the lid down. If you want fresh breath, chew a stick of gum for two minutes. The Germ File is filled with incredibly practical advice like that, backed by the latest scientific evidence. Jason Tetro curates a breezy take on the bacteria, viruses, fungi and other little beasts among us. But behind the easy read is an important message. Some germs are our best friends. Others are our worst enemies. Knowing which is which makes your life better and might one day even save it." Brian Goldman, host, CBC Radio's White Coat, Black Art About the Author JASON TETRO is a microbiologist who has spent the last 25 years learning about the effect germs have on our lives. In 2007, he ventured out of the lab and into the TV studio for a QA news segment on CTV Ottawa as "The Germ Guy." He has since broadcast and written for a wide range of media, including the Toronto Star, Scientific American, The Huffington Post, the CBC and his own blog. In 2011, he was awarded an honorary PhD in Social Media from Social Media University Global in recognition of his work to improve hand hygiene through social media using the hashtag #handhygiene, which has now been adopted by the World Health Organization. He lives in Toronto.