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# A Tour Of Your Digestive System Body Systems

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Your Amazing Digestion from Mouth through Intestine  
A Short History of the American Stomach  
Follow Your Gut  
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Guts

Take a Closer Look at Your Bladder

*A Tour Of Your Digestive System Body Systems*

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### **Your Amazing Digestion from Mouth through Intestine W.**

W. Norton & Company

Dr. Joanne Settel has all the answers to our most burning questions in this wacky and informative book of poems about our digestive systems. Have you ever wondered... Why spicy foods can make you sweat? Why garlic makes your breath so stinky? Just how long your long intestine is? What a pizza slice looks like...going down? Why food tastes different when you have a cold? With fascinating details, catchy rhymes, and quirky illustrations by Steve Björkman, acclaimed author Joanne Settel answers all of these questions (and more!) in this engrossing, fun exploration of the science of our digestive systems. When she's through, you won't believe what your guts can do—or what you can stomach!

*A Short History of the American Stomach* Greystone Books Ltd  
Explores the workings of the heart and circulatory system in the human body.

Follow Your Gut ABDO

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 surprising 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. 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 stomach is "out of sorts" we feel irritable and lacking in energy; and those feelings block our intellectual productivity, disorientate us and completely change our thought patterns and physical processes.

### *Inside the Kidneys* Turtleback Books

If you're one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. SIBO Made Simple brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing, health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn't) to related conditions (Hashimoto's thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners, SIBO Made Simple provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, SIBO Made Simple is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. SIBO Made Simple offers a clear path forward, from someone who's been there.

*Science Comics: The Digestive System* Capstone

Examines the bladder's role in the urinary system, and explores how the bladder works with the kidneys and the brain to get rid of the body's waste.

### **The Stomach in 3D** Houghton Mifflin Harcourt

'A spicy educational treat to be savoured: a delight.' Tim Spector  
'This is an extraordinary fusion of science, literature, medicine and cookery. I've never read anything quite like it - a book that will transform your understanding of what you eat and how it makes you feel.' Dr Xand and Dr Chris van Tulleken  
'I so enjoyed this book, it does so much, it will let you cook recipes like a top chef and at the same time give you the scientific foresight of a doctor.'

Gregg Wallace 'This takes you on a culinary and scientific journey through the gut, exploring digestion and how what we eat influences the way we feel.' Dr Max the Mind Doctor The book will take you on a joint culinary and scientific journey through the gut. It is an unapologetic celebration of what I believe to be the most amazing organ of the body, that will enhance and enlighten the way you cook and eat. Saliha Mahmood Ahmed Written by a gastroenterologist and award-winning food writer, Foodology offers a unique perspective on the joy of eating. Explaining the process of digestion and how the food we eat influences the way we feel, Saliha draws on the latest science and her own experiences as both a doctor and a cook, to bring the subject to life. From childhood memories of devouring Indian street food to why munching on a jam doughnut brings gastronomic happiness, Saliha also offers 50 new, simple, delicious and mostly vegetarian recipes to help you explore your gut health and find your own gastronomic happiness. Foodology takes you on a journey from the first smell of food and bite of goodness through to the time it takes for food to leave the system, and all the processes in between. Have you ever thought about why certain smells can make your mouth water, how the texture of food can impact your taste and why some foods can make you bloat? Saliha takes you on an extensive journey through the gut to show you the true joy of food and why gastronomic happiness is so important to our lives. 'A great book for anyone who wants to cook a very tasty supper that hits the spot and also get to know their bodies, moods and emotions better. Foodology is both fascinating and full of delicious meals to enjoy cooking.' Melissa Hemsley 'This is a book in the finest tradition of narrative recipe writing. It's a heavenly mix of whimsy, life and science, grounded in solid technique and blissful flavour.' William Sitwell

Liver: A Graphic Novel Tour Bantam

As soon as food touches your tongue, it begins a long process of moving through different parts of your body. This book explains how the human body breaks down food to get nutrients and stay healthy.

*Your Body on Gluten* ABDO

"In graphic novel format, follows Peter Pea as he travels through

and explains the workings of the human digestive system"--  
*A Tour of Your Digestive System* National Academies Press  
 Gluten is found in wheat and some other grains. It's in foods people eat every day. Many people can eat it without problems. Others have a disease that makes gluten damage their bodies. *Your Body on Gluten* uncovers the nutritional benefits of foods containing gluten, how gluten interacts with the body, and how to include it as part of a balanced diet. Easy-to-read text, vivid images, and helpful back matter give readers a clear look at this subject. Features include a table of contents, infographics, a glossary, additional resources, and an index. Aligned to Common Core Standards and correlated to state standards. Core Library is an imprint of Abdo Publishing, a division of ABDO.  
*No More Digestive Problems* World Book, Incorporated  
 "In graphic novel format, follows Nelly Neuron as she travels through and explains the workings of the human nervous system"--  
*Your Digestive System Works!* Kids Can Press Ltd  
 Explains how the different types of bones of the body work harmoniously together.  
*The Skeletal System* Simon and Schuster  
 This graphic nonfiction book introduces the digestive and urinary systems of the human body. The Building Blocks of Life Science volumes feature whimsical characters to guide young readers through topics exploring the human body systems. Full-page or full-spread diagrams detail the different parts of each body system. The science is as sound as the presentation is fun! The volumes include a glossary, an additional resource list, and an index. Several spreads in each volume are illustrated with

photographs to help clarify concepts and facts.

***The Amazing Circulatory System*** Atheneum Books for Young Readers

In *Science Comics: The Digestive System*, visit the inside of your mouth, stomach, liver, intestines, and other organs that make up the gastrointestinal tract! Your guide to the gut is a friendly bacterium who will take you on a journey beyond imagination. Uncover how food is transformed into nutrients! Explore strange and dangerous glands! Behold the wonders of saliva, mucus, and vomit! Writer Jason Viola and illustrator Andy Ristaino provide a trip to the toilet you will never forget! Every volume of *Science Comics* offers a complete introduction to a particular topic—dinosaurs, the solar system, volcanoes, bats, robots, and more! Whether you're a fourth grader doing a natural science unit at school or a thirty-year-old with a secret passion for airplanes, these graphic novels are for you!

*Take a Closer Look at Your Stomach* Capstone

Muscles help us lift, push, pull, and move. Eager readers will explore the different kinds of muscles, how their muscles work, and how to take care of them.

*Gulp* Rowman & Littlefield

Traces the history of food and the ethics of eating in America from the Puritans to the present day, discussing such topics as colonial epicures, diet gurus of the nineteenth century, and the current production of bio-engineered foods.

*Your Respiratory System* Yellow Kite

Presents an overview of the digestive system, including key parts of the system and their jobs, how to keep the system healthy, and fun facts.

*Muscular System, The Capstone Classroom*

Investigate the digestive system with colorful pictures and diagrams that demonstrate the journey food takes through the body while learning the importance of eating healthy. Vocabulary related to all parts of the digestive system is introduced in this book.

*The Digestive System* Lerner Publications™

A visual exploration of the universe that exists within our own bodies. Within our bodies hides an entire world of organisms called microbes. They boost our immune systems, digest our food, regulate our metabolism and even impact on our mental health. Through Katie Brosnan's personable illustrations, we follow the digestive process from the moment the food enters our mouths to the moment waste leaves our bodies. Along the way we learn about this fascinating scientific frontier and gain an insight into the vast ecosystem that exists inside us.

*Gut Garden* LernerClassroom

Find out what goes on every day Inside the Kidneys! Detailed illustrations, color photos, and simple text combine to make a fun and easy introduction to how kidneys work. This book also includes simple activities and crafts like a body filter, a kidney model and making electrolytes boom with how-to photos to further engage young learners. Aligned to Common Core Standards and correlated to state standards. Super Sandcastle is an imprint of Abdo Publishing, a division of ABDO.

*The Digestive System* Britannica Educational Publishing

The irresistible, ever-curious, and always bestselling Roach returns with a new adventure to the invisible realm that people carry around inside.