

# 10% Human: How Your Body's Microbes Hold The Key To Health And Happiness By Alanna Collen

By Alanna Collen

Although cigarette smoking alone increases your risk of coronary heart disease, Your body takes in the oxygen you breathe and uses it as fuel.

[http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/How-Cigarettes-Damage-Your-Body\\_UCM\\_322735\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/How-Cigarettes-Damage-Your-Body_UCM_322735_Article.jsp)

10 Things Coffee Does to Your Body. By Robert T. Gonzalez / Print. Comments. Caffeine is the 10) Pro: Coffee + pain medication = extra pain relief

<http://www.alternet.org/drugs/10-things-coffee-does-your-body>

How Your Body's Microbes Hold the Key to Health and Happiness. by Alanna Collen. 10% Human by Alanna Collen.

<http://www.harpercollins.com/9780062345981/10-human>

More About the Human Body. Beyond the Brain. What goes on within the human skull is more complex and fantastic than anyone imagined. And scientists are finding ways

<http://science.nationalgeographic.com/science/health-and-human-body/human-body/>

The average adult body contains between 5 and 5 litres of blood and approximately 10 litres of interstitial fluid. The composition of the human body can be referred

[http://en.wikipedia.org/wiki/Human\\_body](http://en.wikipedia.org/wiki/Human_body)

10% Human: How Your Body's Microbes Hold the Key to Health and Happiness

<http://www.nook.com/gb/ebooks/10-human-how-your-bodys-microbes-hold-the-key-to-health-and-happiness-by-alanna-collen/9780007584048>

May 09, 2011 @Justin: Based on why most people can't, one would assume that the part of your brain that predicts sensations and what not doesn't quite function

<http://www.todayifoundout.com/index.php/2011/05/10-fascinating-facts-about-the-human-body/>

May 04, 2015 How Your Body's Microbes Hold the Key to Health and You are just 10% human. biologist Alanna Collen draws on the latest scientific research

<https://itunes.apple.com/us/book/10-human/id945040959?mt=11>

10% Human: How Your Body's Microbes Hold the Key to Health and Happiness, by Alanna Collen (HarperCollins, 2015), 336 pages, 26.99 hardback, \$10.74 paperback, \$13.99

<http://www.arkansasonline.com/news/2015/jul/27/restless-reader-20150727/?f=features>

Jun 24, 2013 10 Disgusting Facts About The Human Body We've all got a body, now find out just how disgusting it can be, by reading 10 disgusting facts about the human

<http://www.youtube.com/watch?v=2mgs2d4a-uQ>

Learn how to detoxify your body and eliminate toxins with advice from two naturopathic doctors. the smallest units of human life," says Peter Bennett,

<http://life.gaiam.com/article/10-ways-detoxify-your-body>

10% HUMAN: How Your Body's Microbes Hold the Key to Health and Happiness Alanna Collen

<http://www.hamiltonbook.com/Science/10-human-how-your-bodys-microbes-hold-the-key-to-health-and-happiness>

You are just 10% human. For every one of the cells that make up the vessel that you call your body, there are nine impostor cells hitching a ride.

<http://www.amazon.com/10-Human-Microbes-Health-Happiness/dp/0062345982>

When you don't get enough sleep, your body releases more of the stress hormone cortisol. When we're young, human growth hormone promotes growth.

<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-results-sleep-loss?page=2>

Scientists are learning about the human body by building sophisticated computer models where does this leave the number of microbiome cells in the human body vs. human

<http://phenomena.nationalgeographic.com/2013/10/23/how-many-cells-are-in-your-body/>

Stanford University Libraries' official online search tool for books, media, journals, databases, government documents and more.

<http://searchworks.stanford.edu/view/11056530>

The human body performs amazing feats every day, from sending signals rocketing through the brain at high speed to distributing oxygen over 1,000 miles (1,600

<http://video.nationalgeographic.com/video/101-videos/human-body-sci>

There are more than 22 organs in the human body. This is a list of the ten most vital organs which is usually taught about in elementary school.

<http://www.brighthubeducation.com/science-homework-help/107443-ten-essential-organs-in-the-human-body/>

Jul 26, 2015 10% Human: How Your Body's Microbes Hold the Key to Health and Happiness, by Alanna Collen (HarperCollins, 2015), 336 pages, 26.99 hardback, \$10.74

<http://www.nwaonline.com/news/2015/jul/27/restless-reader-20150727/?features-style>

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<https://onlybooks.org/10-human-how-your-bodys-microbes-hold-the-key-to-health-and-happiness-71756>

human origins; dinosaurs; evolution; Your Body Houses 10x More Bacteria Than Cells. Saturday, August 07, 2010 Forgot your password?

<http://discovermagazine.com/galleries/zen-photo/m/microbiome>

E-bok, 2015. Pris 202 kr. K p 10% Human: How Your Body's Microbes Hold the Key to Health and Happiness (9780007584048) av Alanna Collen p Bokus.com

<http://www.bokus.com/bok/9780007584048/10-human-how-your-bodys-microbes-hold-the-key-to-health-and-happiness/>

It is often said that the human body is a miracle of nature. Fortunately, it is also a miracle of weirdness. There are any number of things you probably didn't know

<http://weird.answers.com/facts/10-weird-facts-about-the-human-body>

Are there any amazing facts about the human body that you've discovered? Please share in the comments below. Photos courtesy of Shutterstock.

<http://breakingmuscle.com/health-medicine/10-awesome-and-little-known-facts-about-the-human-body>

Aug 09, 2012 10 Useless Human Body Parts Everyone's got a third eyelid, unfortunately it doesn't do anything. Presenting 10 body parts that are pretty much useless

<http://www.youtube.com/watch?v=hieIDLfo4I>

Can you feel the pulse in your wrist? For humans the normal pulse is 70 heartbeats per minute. Elephants have a slower pulse of 27 and for a canary it is 1000!

<http://www.funology.com/facts-about-the-human-body/>

Sep 18, 2012 Here are 10 amazing human body facts that unravel the mysterious workings of our body.

<http://articles.mercola.com/sites/articles/archive/2012/09/19/10-amazing-human-body-facts.aspx>

Jul 09, 2014 9 Pressure. Decompression sickness, commonly known as the bends, happens when the human body feels a sudden drop in surrounding pressure. Blood can

<http://listverse.com/2014/07/10/10-extremes-and-how-the-human-body-reacts/>

Facts about the human body. Fun science kids love about the human body. Parent homeschool resource - science supplement to regular academic curriculum all about the

<http://easyscienceforkids.com/human-body/>

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