



The Hidden Half of Nature: The Microbial Roots of Life and Health

By David R. Montgomery, Anne Biklé

[Download now](#)

[Read Online](#) 

The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé

A riveting exploration of how microbes are transforming the way we see nature and ourselves?and could revolutionize agriculture and medicine.

Prepare to set aside what you think you know about yourself and microbes. Good health?for people and for plants?depends on Earth's smallest creatures. *The Hidden Half of Nature* tells the story of our tangled relationship with microbes and their potential to revolutionize agriculture and medicine, from garden to gut.

When David R. Montgomery and Anne Biklé decide to restore life into their barren yard by creating a garden, dead dirt threatens their dream. As a cure, they feed their soil a steady diet of organic matter. The results impress them. In short order, the much-maligned microbes transform their bleak yard into a flourishing Eden. Beneath their feet, beneficial microbes and plant roots continuously exchange a vast array of essential compounds. The authors soon learn that this miniaturized commerce is central to botanical life's master strategy for defense and health.

They are abruptly plunged further into investigating microbes when Biklé is diagnosed with cancer. Here, they discover an unsettling truth. An armada of bacteria (our microbiome) sails the seas of our gut, enabling our immune system to sort microbial friends from foes. But when our gut microbiome goes awry, our health can go with it. The authors also discover startling insights into the similarities between plant roots and the human gut. We are not what we eat. We are all?for better or worse?the product of what our microbes eat.

This leads to a radical reconceptualization of our relationship to the natural world: by cultivating beneficial microbes, we can rebuild soil fertility and help turn back the modern plague of chronic diseases. *The Hidden Half of Nature* reveals how to transform agriculture and medicine?by merging the mind of an ecologist with the care of a gardener and the skill of a doctor.

20 illustrations

 [Download The Hidden Half of Nature: The Microbial Roots of ...pdf](#)

 [Read Online The Hidden Half of Nature: The Microbial Roots o ...pdf](#)

The Hidden Half of Nature: The Microbial Roots of Life and Health

By David R. Montgomery, Anne Biklé

The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé

A riveting exploration of how microbes are transforming the way we see nature and ourselves?and could revolutionize agriculture and medicine.

Prepare to set aside what you think you know about yourself and microbes. Good health?for people and for plants?depends on Earth's smallest creatures. *The Hidden Half of Nature* tells the story of our tangled relationship with microbes and their potential to revolutionize agriculture and medicine, from garden to gut.

When David R. Montgomery and Anne Biklé decide to restore life into their barren yard by creating a garden, dead dirt threatens their dream. As a cure, they feed their soil a steady diet of organic matter. The results impress them. In short order, the much-maligned microbes transform their bleak yard into a flourishing Eden. Beneath their feet, beneficial microbes and plant roots continuously exchange a vast array of essential compounds. The authors soon learn that this miniaturized commerce is central to botanical life's master strategy for defense and health.

They are abruptly plunged further into investigating microbes when Biklé is diagnosed with cancer. Here, they discover an unsettling truth. An armada of bacteria (our microbiome) sails the seas of our gut, enabling our immune system to sort microbial friends from foes. But when our gut microbiome goes awry, our health can go with it. The authors also discover startling insights into the similarities between plant roots and the human gut. We are not what we eat. We are all?for better or worse?the product of what our microbes eat.

This leads to a radical reconceptualization of our relationship to the natural world: by cultivating beneficial microbes, we can rebuild soil fertility and help turn back the modern plague of chronic diseases. *The Hidden Half of Nature* reveals how to transform agriculture and medicine?by merging the mind of an ecologist with the care of a gardener and the skill of a doctor.

20 illustrations

The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé **Bibliography**

- Sales Rank: #138840 in Books
- Brand: imusti
- Published on: 2015-11-16
- Original language: English
- Number of items: 1
- Dimensions: 9.60" h x 1.10" w x 6.50" l, .0 pounds
- Binding: Hardcover
- 320 pages

 [**Download** The Hidden Half of Nature: The Microbial Roots of ...pdf](#)

 [**Read Online** The Hidden Half of Nature: The Microbial Roots o ...pdf](#)

**Download and Read Free Online The Hidden Half of Nature: The Microbial Roots of Life and Health
By David R. Montgomery, Anne Biklé**

Editorial Review

Review

“A must-read for avid gardeners, those interested in bolstering our precarious food supply, or anyone remotely concerned about their health and the soil under their feet.” (Kirkus Reviews)

“*The Hidden Half of Nature* offers a wonderfully fresh and exquisitely informed approach that could change how we relate to ourselves, our diets, our gardens and our world.” (Tim McNulty - Seattle Times)

“[A] transformative read.” (Tom Philpott - Mother Jones)

“Montgomery and Biklé argue that when we farm and when we eat, we’re feeding a diverse community of microorganisms. This book is sure to become a game-changing guide to the future of good food and healthy landscapes.” (Dan Barber, chef and author of *The Third Plate*)

“Amazingly detailed and well-researched. . . . [*The Hidden Half of Nature*] lays out the beautiful connection between the microbial garden in our bodies and the microbial garden in the Earth.” (Sally Peterson - Oregon Live)

“*The Hidden Half of Nature* draws a straight line from the microbes that live in healthy soil to those that live in healthy guts, skillfully blending the personal and the scientific. This is a must-read for anyone concerned with their own health.” (Amy Stewart, author of *The Drunken Botanist*)

“One of the year’s best books on gardens and health.” (Jim McCausland - Sunset Magazine)

“*The Hidden Half of Nature* reads like a fast-paced novel but tells the true story of the workings of soils, and even our own bodies.” (Neil Shubin, author of *The Universe Within*)

About the Author

David R. Montgomery is a professor of geomorphology at the University of Washington and a 2008 MacArthur Fellow. He is the author of *The RocksDon't Lie* and other award-winning popular science books.

AnneBiklé is a biologist and environmental planner. Her career spans the fields of environmental stewardship, habitat restoration, and public health. *The Hidden Half of Nature* is her first book.

Their website is dig2grow.com

Users Review

From reader reviews:

Nona Whitehouse:

Here thing why this kind of *The Hidden Half of Nature: The Microbial Roots of Life and Health* are different and trustworthy to be yours. First of all reading a book is good but it really depends in the content of computer which is the content is as scrumptious as food or not. *The Hidden Half of Nature: The Microbial*

Roots of Life and Health giving you information deeper as different ways, you can find any e-book out there but there is no guide that similar with The Hidden Half of Nature: The Microbial Roots of Life and Health. It gives you thrill reading through journey, its open up your own eyes about the thing that will happen in the world which is maybe can be happened around you. It is easy to bring everywhere like in recreation area, café, or even in your means home by train. In case you are having difficulties in bringing the imprinted book maybe the form of The Hidden Half of Nature: The Microbial Roots of Life and Health in e-book can be your alternate.

Jordan Sena:

The book The Hidden Half of Nature: The Microbial Roots of Life and Health will bring one to the new experience of reading any book. The author style to clarify the idea is very unique. In the event you try to find new book to see, this book very suitable to you. The book The Hidden Half of Nature: The Microbial Roots of Life and Health is much recommended to you you just read. You can also get the e-book from your official web site, so you can quickly to read the book.

Gavin Wilkins:

Exactly why? Because this The Hidden Half of Nature: The Microbial Roots of Life and Health is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will shock you with the secret the idea inside. Reading this book beside it was fantastic author who write the book in such wonderful way makes the content inside of easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of gains than the other book have got such as help improving your expertise and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

Joy Rodriguez:

As we know that book is significant thing to add our know-how for everything. By a e-book we can know everything we wish. A book is a group of written, printed, illustrated or perhaps blank sheet. Every year has been exactly added. This guide The Hidden Half of Nature: The Microbial Roots of Life and Health was filled with regards to science. Spend your time to add your knowledge about your scientific research competence. Some people has different feel when they reading any book. If you know how big benefit of a book, you can experience enjoy to read a guide. In the modern era like now, many ways to get book you wanted.

Download and Read Online The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne

Biklé #U4W5QMYFTLP

Read The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé for online ebook

The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé books to read online.

Online The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé ebook PDF download

The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé Doc

The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé MobiPocket

The Hidden Half of Nature: The Microbial Roots of Life and Health By David R. Montgomery, Anne Biklé EPub