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Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself.

### The Second Brain - HarperCollins

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### The Second Brain: The Scientific Basis of Gut Instinct and ...

In Building a Second Brain, I will show you how to build a Second Brain of your own. To capture your ideas and make them shine in your work. To organize your digital environment and have more time for the things that really matter. To step back from the mundane tasks of your job and focus on producing the absolute best work you are capable of.

### Building a Second Brain

The ENS is also called the second brain. It is derived from neural crest cells. The enteric nervous system is capable of operating independently of the brain and spinal cord, but does rely on innervation from the autonomic nervous system via the vagus nerve and prevertebral ganglia in healthy subjects.

### Enteric nervous system - Wikipedia

The Second Brain: A Groundbreaking New Understanding of the Nervous Disorders of the Stomach and Intestine Michael D. Gershon "To the United States Government and its politicians, whose faith in science and unflagging support of research have made possible the discoveries described in this book."

### The Second Brain: A Groundbreaking New Understanding of ...

Dr. Michael D. Gershon's groundbreaking work clearly demonstrates that the human gut actually has a brain of its own. This remarkable scientific breakthrough offers fascinating proof that "gut instinct" is biological, a function of the second brain.

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