

# Dr Emeran Mayer

## AW Rasmussen

**Emeran Mayer, MD - Bringing the Brain Back into Medicine** Learn how Dr. Mayer's science-backed approach integrates gut health, lifestyle and mind-body balance to enhance your wellbeing. Explore the four pillars that support a holistic path to lasting health. **Book a Consultation - Emeran Mayer, MD** Over the years, my philosophy of care has evolved to combine both cutting-edge science, in part generated by my own research program, and the wisdom of ancient healing traditions. My consultations blend medical insight with nutritional guidance, lifestyle recommendations, and mind-body practices such as mindfulness-based stress reduction and meditation. I also work ... [The Secrets Behinds the World's Longest Living People with Dan ...](#) Dr. Emeran Mayer welcomes Dan Buettner, National Geographic explorer, Emmy award-winning filmmaker, and founder of the Blue Zones, for an illuminating conversation on the secrets of longevity. *Books & Courses - Emeran Mayer, MD* 55+ delicious, gut-healthy recipes inspired by the traditional Mediterranean diet, and developed by Dr. Mayer together with culinary experts from Italy and Spain. **Explore with Sadhguru - Emeran Mayer, MD** Dr. Emeran Mayer, Founding Director of the UCLA Brain-Gut Microbiome Center, engages in a captivating conversation with Sadhguru about the gut microbiome, its connection to human health, and foods that are supportive for health and the enhancement of one's perception. [The Mind-Gut Connection - Emeran Mayer, MD](#) In *The Mind-Gut Connection*, Dr. Emeran Mayer, executive director of the Oppenheimer Center for Neurobiology of Stress and Resilience at UCLA, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to ... **The Mitochondrial Key to Longevity, Stress, & Holistic Health with ...** Dr. Emeran Mayer and mitochondrial biologist Martin Picard, PhD, explore how mitochondria and the gut microbiome shape energy, stress, mental health, and resilience, offering a new paradigm for understanding true well-being. [Mind-Gut Immune Connection - Emeran Mayer, MD](#) In his acclaimed book, *The Mind-Gut Connection*, physician, UCLA professor, and researcher Dr. Emeran Mayer offered groundbreaking evidence of the critical role of the microbiome in neurological and cognitive health, proving once and for all the power and legitimacy of the "mind-body connection." **American Glutton with Ethan Suplee - Emeran Mayer, MD** Mayer is recognized as one of the leading investigators in the world of brain gut microbiome interactions in GI disorders, including obesity. Listen as he and Ethan discuss not only the microbiome, but also a variety of other health topics. [The Mayer Model - Emeran Mayer, MD](#) The Mayer Model provides evidence-based insights, treatments, and methods from

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