



Martin Grassberger

THE INVISIBLE WEB OF LIFE

How microbiomes, ecological diversity and nutrition maintain our health

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Best-selling author Martin Grassberger reveals new ways in which we can protect ourselves from harmful environmental influences.

How can we maintain our physical and mental health in these times of new pandemics, chronic illnesses, increasing urbanisation and constant media bombardment? Based on extensive ecological observations and taking into account the latest scientific insights in microbiome research, Grassberger draws conclusions on the fundamental reciprocal processes between us and our environment – and demonstrates how we can lead a good and healthy life, despite disconcerting developments. In “The Invisible Web Of Life”, Grassberger focuses on the human experience and explains how each individual can protect themselves, their children and the environment.

MARTIN GRASSBERGER

Grassberger was born in 1972 and studied medicine and biology in Vienna. He lectures at the University of Vienna's Faculty for Natural Science and at the Faculty of Medicine of the Sigmund Freud University in Vienna, covering the fields of human biology, evolutionary medicine, forensic medicine and pathology. Grassberger is the author of numerous published works and practises regenerative ecological horticulture in Lower Austria. Published by Residenz Verlag: Das leise Sterben (2019).