
Better Your Biome: The Core of Health

- ~ There are over 1000 different species of commensal organisms in the gastrointestinal tract*
- ~ Bacterial genes outnumber humane genes*
- ~ No two individuals have the exact same composition-not even identical twins*

- ~ Reduce sugar and processed foods*
- ~ Try some fermented foods such as sauerkraut to support the good guys*
- ~ Get your omega 3 fatty acids. Food sources include Salmon, Tuna, walnuts, flax seeds*
- ~ Get plenty of fiber. The USDA Dietary Guidelines recommend 25-34 grams a day for adults.*
- ~ Get outside and enjoy activity to your comfort level.*