

# THE MICROBIOME

Consisting of all bacteria, fungi, protozoa, and viruses that live on and inside our bodies, the microbiome is vital for our health. Here are some reasons why our microbiomes are so important!

## DIGESTION



Did you know that we can't digest lots of the food we eat?

Lots of the foods we eat contain fibers that our own bodies cannot break down. The microbes in our gut break down these molecules for us. Without our gut microbes, we would not survive!

## RESILIENCE

Did you know that a diverse microbiome makes us resilient to diseases?

A diverse microbiome is more stable and resilient, and therefore decreases our susceptibility to infectious diseases and chronic illnesses of the gastrointestinal system like Crohn's disease and irritable bowel syndrome.



## MENTAL HEALTH



Did you know that microbiome diversity is correlated with mental health?

Recent research has shown that a diverse microbiome can improve many neurological conditions such as depression, Alzheimer's, autism, and much more!

## INHERITABLE

Did you know that your microbiome can be inherited by your children?

Research has shown that a person's microbiome, including the number and types of microbes present, mirror that of their parents! By maintaining a healthy gut microbiome, you also benefit your descendants!



## ACHIEVING A HEALTHY MICROBIOME



A healthy microbiome is a diverse one!

Diversify your microbiome by consuming a large variety of foods, especially those high in fiber and probiotics such as dark green vegetables and fermented foods!

## ADDITIONAL RESOURCES

<http://www.emeranmayer.com>

<https://www.hsph.harvard.edu/nutritionsource/microbiome/>

[https://depts.washington.edu/ceeh/downloads/FF\\_Microbiome.pdf](https://depts.washington.edu/ceeh/downloads/FF_Microbiome.pdf)

