



## Your Microbiome Can Make You Well

Our microbiome, the trillions of microbes that live mostly in our gut, help determine whether we are sick or healthy, lean or obese, happy or anxious & depressed. Our microbiome, the bacteria, virus, and fungi that live in us, outnumber our human cells. Like a rainforest, when healthy and balanced, they help keep us healthy. When damaged by our ultra-processed toxic food, antibiotics, and over-sterilization, our inner rainforest is devastated leaving a weed patch in its place. This “mass extinction event” may help explain our epidemic levels of chronic diseases from food allergies to autism, from depression to diabetes, from anxiety to Alzheimer’s, cancer to heart disease.

Keeping our critical gut microbes off the “endangered species list” may be one of the most important factors in managing inflammation and supporting our gut, brain, and body Wellness.

Would you like to learn more? Our recent class on microbiome and gut health is available at: <https://brainwellnessaz.com/> Just go to the Resources Page and scroll down to the YouTube Channel page to find this and many other videos to quench your thirst for learning.

### Some steps to get started:

#### 1. Eat more fiber.

- a. Our ancestors ate over 100 grams per day
- b. Average Americans eat just 15 grams per day starving our microbiome
- c. Eat LOTS of veggies
- d. Eat new and **different** veggies since diverse fiber is super important
- e. A veggie smoothie is a great way to boost your fiber and diversity

#### 2. Reduce the processed food – the less our food has been “doctored”, the less we need a doctor. Eat less “dead food” from food coffins – cans, boxes, jars, & plastic.

#### 3. Reduce the toxic chemicals that harm our microbiome:

- a. Avoid drinking chlorinated or fluoridated water
- b. Use only soap and water for hand washing – avoid the antibacterial soaps and cleaners that harm our microbiome
- c. Avoid toxic home cleaners – use castile soap, vinegar, and essential oils instead.
- d. Use only organic pest control

#### 4. Supplement with Probiotics that work for you:

- a. Especially consider the cutting-edge spore-based probiotics like MegaSpore Biotic
- b. Use fermented foods like live sauerkraut, pickles, kimchi etc. The live foods are always refrigerated. Bubbies is one brand to look for.

**5. Supplement with Prebiotics:**

- a. These feed our microflora like fertilizer feeds a healthy lawn
- b. The newest precision prebiotic, Mega Prebiotic, selectively feeds the keystone bacteria that support microbiome health and diversity.

**6. Supplement with Postbiotics when needed:**

- a. These critical short-chain fatty acids feed the microbiome
- b. They also support great energy metabolism by signaling AMPK within our cells to switch from fat storing to fat burning.

## Feeding Microbiome Diversity

Repairing our microbiome diversity is critical to restoring Wellness. An important indicator of a healthy microbiome is Great bowel movements. This means at least 2/day, formed dark brown, don't float, no straining, and almost no need to toilet tissue to clean after. Here are the practical steps:

1. **Eat the Rainbow.** Strive to eat 9 colors or fresh/frozen veggies or fruits per day. Always go heavy on veggies and lighter on fruit.
2. **Each day, eat one of the Root Veggies, eat two of the prebiotic foods, and at least one forkful of a fermented food from the lists below**

Root Veggies	Prebiotic Foods	Fermented Food with Live culture (in refrigerator section)
Turnips	Dandelion Greens	Sauerkraut (Wild Brine, Bubbles brands, etc)
Carrots	Onion, Garlic, Leeks	Pickles
Parsnips	Jicama	Kombucha
Radishes	Asparagus	Apple Cider Vinegar
Rutabagas	Underripe Bananas	Kimchi
Sweet Potatoes, Yams	Chicory Root	Tempeh
Beets	Acacia Gum	Miso