



THE MICROBIOME

What is the microbiome?

Our gut is home to trillions of microorganisms such as bacteria, fungi and viruses. It determines how much energy we burn, how much fat we store and what vitamins we take in. Studies are beginning to connect the dots between dysbiosis (an imbalance of microbial populations in the gut) and chronic conditions like inflammatory bowel disease.

The gut plays an important role in maintaining a strong and resilient "intestinal barrier" or "gut wall". The integrity of this wall relies on the ability of a healthy microbial community to create "short chain fatty acids". These fatty acids nourish the cells of the intestine and strengthen the gut barrier.

5 Supporters for Optimal Microbial Health

1. Fiber
2. Phytochemicals
3. Probiotic rich foods
4. Pre-biotics
5. Beta Glucans

5 Detractors for Optimal Microbial Health

1. Refined sugar and carbohydrates
2. High amounts of red and processed meats
3. Pesticides
4. Non-Nutritive Sweeteners
5. Stress

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