



THE MICROBIOME

WHAT IS THE MICROBIOME?

- **MICROBIOTA** = 100 trillion microbes (Bacteria, fungi, archaea, protozoa, and viruses) that colonize the mucosal surfaces of our body.
- **The MICROBIOME** = Found in lungs, intestine, vaginal canal, oral and nasal cavity & on the skin **PLUS** their genes

SOME ROLES OF THE MICROBIOME

- Aids in the digestion and absorption of our nutrients
- Influences our immune system
- Helps with detoxification by metabolizing carcinogens
- Produces a variety of vitamins
- Helps determines how much energy we burn and how much fat we store
- Supports brain health: mood and cognition
- Protects gut lining
- Supports blood sugar regulation

7 SUPPORTERS TO MICROBIAL HEALTH

1. Fiber: legumes, whole grains, nuts, seeds
2. Antioxidant-rich foods
3. Probiotic-rich foods
4. Prebiotic-rich foods
5. Omega 3's Fatty Acids
6. Physical Activity
7. Healthy soil also matters!

Variety
is key!

6 DISRUPTORS TO MICROBIAL HEALTH

1. Refined sugar and carbohydrates
2. High amounts of red & processed meats
3. Refined/Poor Quality Oils
4. Foods grown with large amounts of synthetic chemicals (pesticides, etc.)
5. Non-Nutritive Sweeteners
6. Stress

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PODCAST HOST

- The Nutrition Show
- The Good Clean Nutrition Podcast

BOOK AUTHOR

- The Microbiome Diet Reset
- Serving The Broccoli Gods: True Tales and Tips from a Nutritionist on a Quest