

TOP TEN SOLUTIONS TO SUPPORT A HEALTHY MICROBIOME

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1. High fiber diet

- Veggies, fruits, legumes, etc.



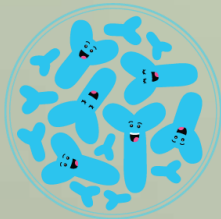
2. Fermented foods

- Sauerkraut, kimchi, kombucha, kefir, yogurt, etc.



3. Apple cider vinegar

- Contains a microbe (acetobacter) that can help break down glyphosate (the main ingredient in Roundup).



4. Probiotics

- Stay tuned for an upcoming article breaking down probiotics, how they work, which ones to take for which issues.



5. Breastfeeding





6. Sunlight

- Microbes need sunlight which supports the conversion of vitamin D to its active form.



7. Avoid Antibiotics

- Glyphosate has been patented as an antibiotic in 2010 by Monsanto, now Bayer (2018).



8. Decrease Stress



9. Organic/whole foods/plant forward diet.

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10. Think twice about who you love!



Need help decoding labels?

Regenerative

- No legal definition
- Usually indicates practices aimed at increasing soil health
- Focuses on sequestering carbon in soil
- Does not prohibit pesticides, herbicides, or GMOS
- Does not include social fairness standards



- Prohibits most synthetic chemicals
- Prohibits GMOs
- Prohibits antibiotics
- Little enforcement of best soil health practices
- Limited rules for animal welfare
- No conditions for farmworker fairness



- Baseline requirement of USDA Organic
- Strict requirements for soil health practices
- Pasture-based animal welfare benchmarks
- Social fairness criteria for farmers and workers
- Buyer criteria for long-term commitments

