

## TOP TEN SOLUTIONS TO SUPPORT A HEALTHY MICROBIOME

The microbiome is the key driver for immune function, producer of some vitamins (like B vitamins), and the first line of defense for detoxification. Here are my Top 10 easy peasy ways to support your microbes.



### 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 -

- Baby and mom swap helpful microbial information during feeding! Breast is best.



### 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

- Deep Belly breaths, take a walk in nature, work-life balance: Don't sweat the small stuff!



### 9. Organic/Whole Foods/Plant Forward Diet

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



### 10. Think twice about who you love!