



MICROBIOME CHECK-LIST

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DID YOU KNOW THAT?



There are more bacteria in your body than your cells (≈ 37 trillion) with a ratio of 1.3.

You have an average of 0,4 liters microbes residing only in your colon.

Your gut microbiome is now being considered as a separate “organ” with distinct metabolic and immune activity.

Your gut microbiome affects your mental health.

Diet seems to be the most powerful influence of your gut microbiome.

Regular moderate exercise has a beneficial effect on your gut health.

Next page is your Microbiome Check-List gathered from latest research to keep your body and mind healthy & strong in 10 steps.

MICROBIOME CHECK-LIST



- 1) Incorporate vegetable and salads into every meal
- 2) Eliminate refined sugars
- 3) Avoid processed oils
- 4) Buy organic as much as possible
- 5) Stay hydrated
- 6) Be active (min 30 minutes exercise)
- 7) Take care of your oral hygiene
- 8) Spend time in the nature
- 9) Surround yourself with supportive people
- 10) Manage your stress