

3 EASY STEPS TO A HEALTHY

MICROBIOME

1 PREBIOTICS and PROBIOTICS

HIGH FIBER WHOLE FRUITS & VEGGIES

FERMENTED FOODS CONTAIN HEALTHY BACTERIA

FEED HIGH QUALITY ORGANIC FOODS

SUPPRESS BAD BACTERIA

HELP BALANCE GOOD AND BAD

INCREASE ABSORPTION OF VITAMINS & MINERALS

EXAMPLES OF FERMENTED FOODS



APPLE CIDER VINEGAR

contain healthy acids that encourage a pH in your body that supports the growth of probiotics.



FERMENTED DAIRY

is probiotic-rich and helps improve gut health.



SAUERKRAUT

is rich in *Lactobacillus*. It's high in vitamin C and in digestive enzymes.



KIMCHI

the Korean cousin to sauerkraut, made with Chinese cabbage and some other foods and spices.



NATTO

is a Japanese dish of fermented soybeans high in *Bacillus subtilis*.



KVASS

is a common beverage in Eastern Europe made from fermented barley or rye.



MISO

is a major component of Japanese medicine.



KOMBUCHA

is black tea fermented using a symbiotic colony of bacteria and yeast.



2 Low CARB DIET Avoid GLUTEN

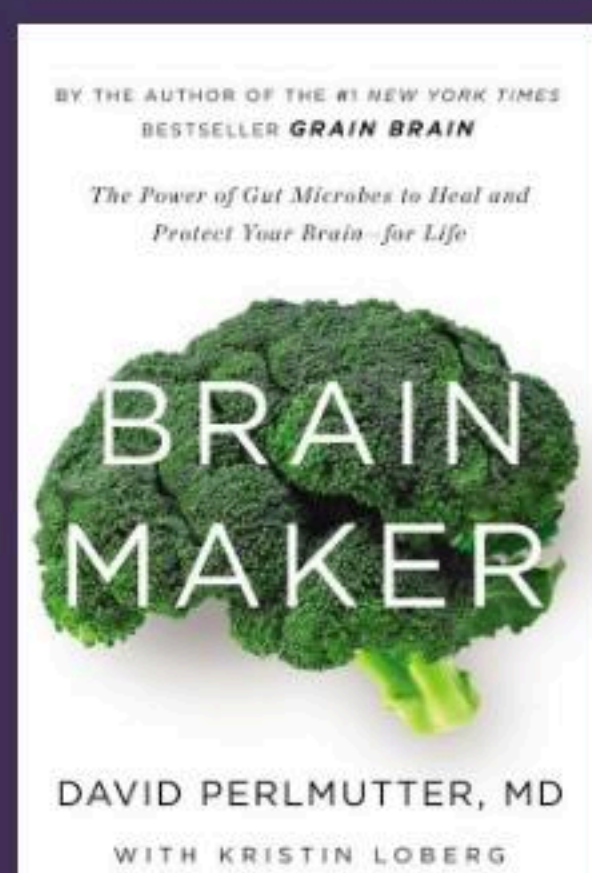
CREATES ENVIRONMENT FOR GUT BALANCE
REDUCES INFLAMMATION
LOWERS WEIGHT
BALANCES BLOOD SUGAR

3 HIGH HEALTHY FAT DIET

Body burns fats more efficiently for fuel
Reduces inflammation
Builds cellular membranes
Examples: Extra virgin olive oil, avocado oil & coconut oil



FOR MORE
INFORMATION
CHECK OUT
THIS BOOK



Reference

Perlmutter, D., & Loberg, K. (2015). Brain maker: The power of gut microbes to heal and protect your brain for life. New York: Little, Brown and Company.