

# MICROBIOME SNAPSHOT

Building a healthy Microbiome and balancing candida flora begins with evaluating your Microbial Health Factors.

HOW DO YOU NURTURE YOURSELF?

HOW OFTEN DO YOU IMMERSE YOURSELF IN NATURE?  
WHAT OTHER FACTORS IN YOUR ENVIRONMENT CAN YOU  
CONTRIBUTE TO YOUR GUT HEALTH?

DO YOU EAT DIVERSE FOOD ON A DAILY BASIS? WHAT  
OTHER FACTORS IN YOUR DAILY HABITS CAN YOU  
CONTRIBUTE TO YOUR GUT HEALTH?

WERE YOU BREASTFEED AS A CHILD? WHAT OTHER  
FACTORS IN YOUR EARLY LIFE CAN YOU CONTRIBUTE TO  
YOUR GUT HEALTH?