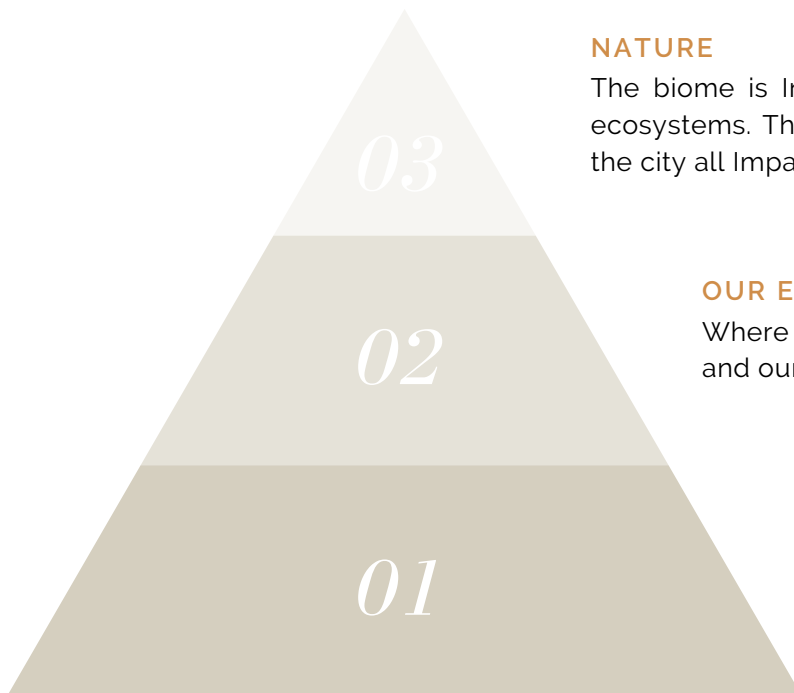


# BUILDING A HEALTHY MICROBIOME

A body in balance is one which balanced candida flora. When we face bacterial and pathogenic struggles in our guts, this acts as our introduction to the wildlife of our bodies. in our bodies. What does your inner ecosystem look like?



## NATURE

The biome is Influenced by our external ecosystems. The Canyon, the forrest, and the city all Impact our Biome.

## OUR ENVIRONMENT

Where we dwell, our mental landscapes, and our choice in enviornments

## NURTURE

How we grew up, how we treat ourselves, and our daily experienes.

## NURTURING

From the moment we are born, how we are nurtured, and then later how we choose to nurture ourselves affects our microbiome. This begins with breastfeeding: Some of the first experience with the biome start here, and are shaped by the food we eat, our decisions on healthcare, and our environments.

---

## OUR ENVIRONMENT

Our environments are not just the places we dwell in the home, but also the cities we live in, where we work, and on the marco scale: the earth but also our mental housekeeping and emotional environment. These environments, shape our biome daily, and have the ability to change the biome within 24-48 hours

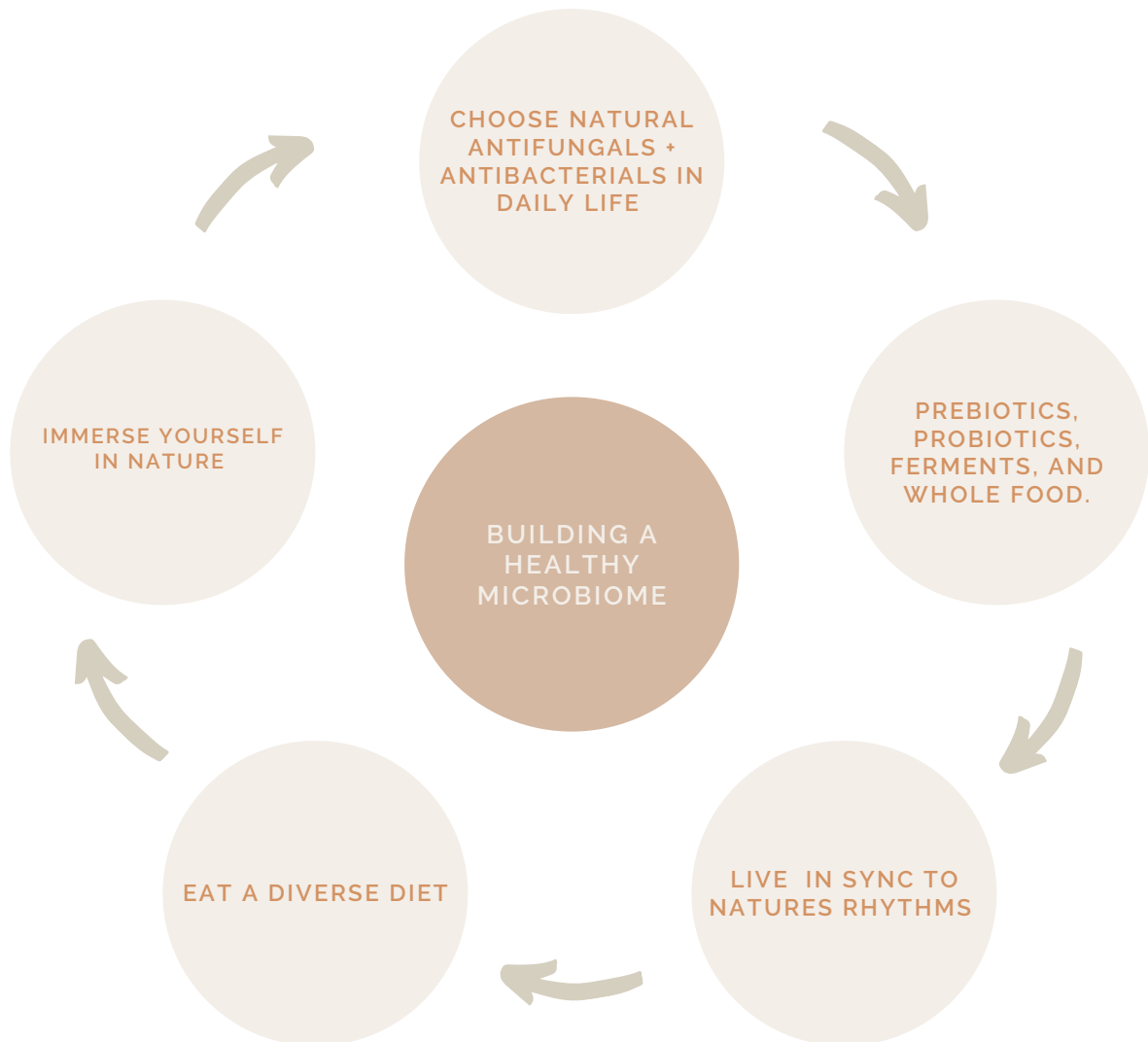
---

## NATURE

Your environment shapes your microbiome. Factors like fresh forrest air, city pollutants, and exposing ourselves to diverse experiences in nature shape our biome.

---

# NATURE + NURTURE

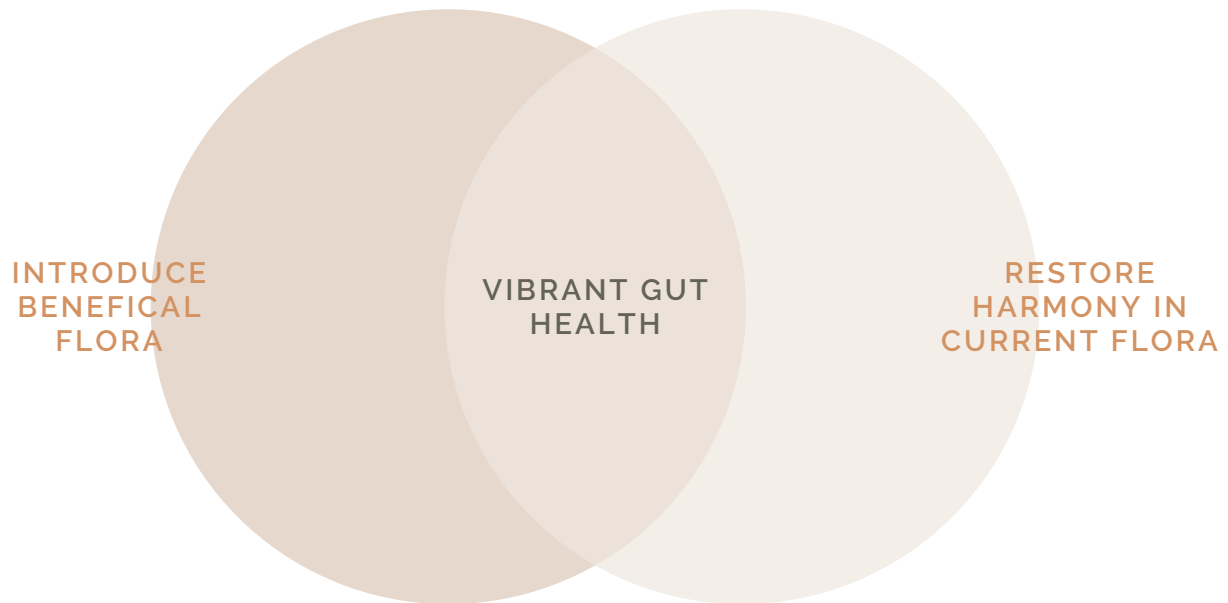


In the modern world, we face many troubles and our microbiome ( and health) pays the price, So, to combat this we rewild. We restore harmony with our candida strains, bring good bacteria, eat probiotic-rich foods, and introduce fermented foods back into our diet. We introduce strain-specific probiotics . We immerse our self in diverse environments, we eat diverse foods, and we repeat this on a daily basis.

## NOTES

# FINDING BALANCE

A compromised gut, more than a vibrant gut must also consider their flora when approaching gut health. The key to a healthy and thriving microbiome is balance.



## VIBRANT GUT HEALTH

The key to a healthy gut is bringing equilibrium to the flora, eating a diverse diet, nurturing our guts on a daily basis, and exposing ourselves to diverse natural environments.

---

## FLORA: A BODY IN BALANCE

The key to gut flora is harmony. Balance harmful fungi/bacteria and expose the body to beneficial bacteria.

---

## WORKING WITH OUR ECOSYSTEMS

Commitment to the biome approved lifestyle and addressing fungal/bacterial imbalances as they arrive is the key to having a thriving inner ecosystem.

---