



HOW DO WE PROTECT OUR MICROBIOME FROM PERTURBATION, DISEASE AND PANDEMIC RISK

There is a direct link between our lifestyle choices, microbiome composition, disease morbidity and finally COVID death risk. **95% of deaths are defined by this paradigm**

DO'S

- ☐ **AVOID ANTIBIOTICS**
...Antacids and non-steroidal anti-inflammatory drugs **where possible during** pregnancy, during child birth and for your child afterwards. These drugs and many others adversely effect the healthy gut microbes of an infant and child
- ☐ **AIM FOR A VAGINAL DELIVERY AND BREASTFEEDING**
No scheduled cesarean sections unless medically indicated... Breastfeed exclusively until 6 months. I recommend whole foods for your baby from 6 months on. NO white refined foods
- ☐ **EAT A PREDOMINANTLY PLANT BASED WHOLE FOODS DIET.**
This means shunning processed flour and sugary “white” foods. Consuming fermented foods like kefir, kimchi, kombucha, yogurt and sauerkraut are direct bacterial sources for the gut. Avoid all refined and processed foods that are low fiber, high fat and sugar bombs.
- ☐ **EAT LOCAL ORGANIC FOODS**
...until we have definitive proof that Round Up/ glyphosate and other chemicals in our food supply are truly safe. The early research on these chemicals and the microbiome are not encouraging
- ☐ **MEDITATE AND REDUCE STRESS DAILY.**
Get into a rhythm of daily gratitude and prayer to engender a mindset of happiness no matter where you find yourself or how much external stress is pushing on you. Avoid negativity in all its forms.
- ☐ **SLEEP BETTER**
Get adequate sleep to reduce stress.
- ☐ **EXERCISE DAILY TO A SWEAT.**
Enhances microbial quality and helps the body rid itself of toxins.
- ☐ **EXERCISE**
Consider taking a prebiotic supplement to enhance the growth of the good bacteria that you already have