

TV VIEW
2560 x 1440
(May be cropped on TV)

DESKTOP VIEW
2560 x 423
(Visible on desktop)



Metabolism-U^{LLC}

HEALTH • FITNESS • INDEPENDENCE

Better Metabolism. Stronger Body, More Independent You.

MOBILE VIEW
1546 x 423
(Visible on mobile)

BLUEPRINT SERIES 13

WHAT IS THE GUT MICROBIOME?

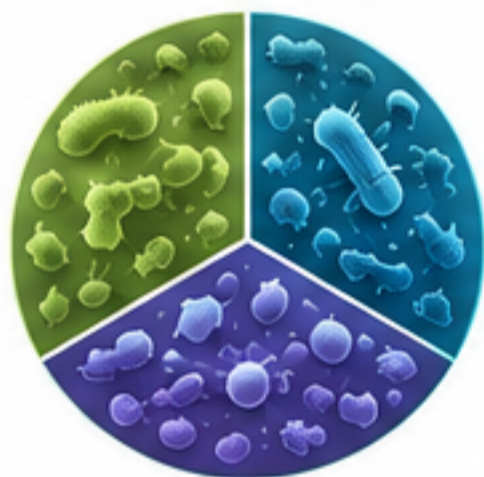
Your gut microbiome is a key driver of your health, energy, and longevity.

WHAT IS IT?



The gut microbiome refers to the trillions of microorganisms (bacteria, viruses, fungi, and other microbes) that live in your digestive tract. They play a vital role in your overall health.

COMPOSITION



- Bacteria (majority)**
Firmicutes, Bacteroidetes, Actinobacteria, Proteobacteria
- Viruses**
Support microbial balance
- Fungi**
Aid in nutrient breakdown
- Other Microorganisms**
Include archaea, protozoa, and beneficial yeasts

INDIVIDUALITY



Your gut microbiome is as unique as your fingerprint. It is shaped by genetics, environment, diet, lifestyle, medications, and life experiences.

FUNCTION

- Aid Digestion**
Breaks down fiber and helps absorb nutrients
- Immune Support**
Trains and regulates the immune system
- Brain Health**
Communicates with the brain (gut-brain axis) to support mood, cognition, and sleep
- Metabolism**
Influences how your body stores fat, regulates blood sugar, and uses energy
- Detoxification**
Helps neutralize and remove toxins

IMPACT ON HEALTH

A healthy gut microbiome can:

- ✓ **Reduce Inflammation**
Helps calm chronic inflammation linked to many diseases
- ✓ **Lower Risk of Chronic Diseases**
Associated with a lower risk of:
 - Heart Disease
 - Dementia & Alzheimer's
 - High Cholesterol
 - Obesity
 - Type 2 Diabetes
 - Fatty Liver Disease
 - Certain Cancers
- ✓ **Improve Mental Health**
Reduces risk of anxiety and depression
- ✓ **Boost Energy & Vitality**
Supports better sleep, mood, and daily performance

HOW TO SUPPORT IT

- Eat Fiber-Rich Foods**
Vegetables, fruits, legumes, whole grains, nuts, seeds
- Include Fermented Foods**
Yogurt, kefir, sauerkraut, kimchi, miso, kombucha
- Feed Beneficial Bacteria**
Prebiotics like onions, garlic, asparagus, bananas, oats, and apples
- Stay Hydrated**
Water supports digestion and microbial balance
- Exercise Regularly**
Movement boosts diversity and gut function
- Manage Stress**
Chronic stress harms gut balance
- Avoid Overuse of Antibiotics & Processed Foods**
These can disrupt microbial balance



THE BOTTOM LINE

Your gut microbiome is a powerful ecosystem that influences nearly every system in your body. Nourish it well—and it will help you live longer, feel better, and stay independent.

A HEALTHY GUT = A HEALTHIER, STRONGER, MORE INDEPENDENT YOU.



DISCLAIMER:

This content is for informational and educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare provider before making changes to your diet, exercise routine, supplements, or medications. Individual results may vary.