

# HOW DO YOU TAKE CARE OF YOUR MICROBIOME?

The human microbiome is the name for what scientists recognize as the existence of a new human organ. It is located within the intestines. It is the collective of all bacteria that help to digest our food and weighs between 1 and 3 kilogram.

That there are people with celiac disease does not mean that everyone should stop eating bread. Because there are many allergies and intolerances. If you were to respond to all these food problems in the same way, you could not eat anymore. Most people do not become acutely ill of wheat bread. Let's look at the cause of both celiac disease and food allergies for this problem.

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been considered as organ  
since 2016.*



## **Microbiome and gluten**

People with celiac disease and food allergies do not have a good working microbiome. That is the main reason that gluten is not well consumed. With the right nutrition you can make sure your microbiome works well again. Then food allergies disappear. The microbiome has been considered as organ since 2016. We used to say "intestinal flora". The microbiome is a very important key player in our immune system. In addition, it ensures proper digestion of nutrition and proper nutrient uptake.

## **Antibiotics destroy intestinal flora or microbiome**

The major problem with the microbiome is caused by medical drugs and nutrition without fiber. Antibiotics can cause the elimination of a third of the total number of bacteria. This causes an unbalance in the microbiome. The 900 different intestinal bacteria that are now known seek another balance. Bacterial overgrowth of some species is likely which the body fights with inflammations. The inflammation process keep bacterial overgrowth under control. But we and our doctors see this inflammation not as bodily recovery. We want new antibiotics to get rid of the inflammation process. Then we will kill more of the microbiome and new diseases will surely arise in the future due to new unbalances in the bacterial colonies.

## **The microbiome and diseases**

The microbiome provides a good weapon against diseases. However, if there is an imbalance, low-grade inflammations occur which can lead to a list of diseases such as irritable bowel syndrome, multiple sclerosis, type 1 and 2 diabetes, allergies, asthma, autism and cancer. Low-grade inflammations are cell-level infections; They are not noticeable as painful but they are the cause of all kinds of diseases. Since 2010, scientists know that diseases such as cancer, diabetes, cardiovascular disease and overweight are caused by low grade inflammation. Foods with many antioxidants, such as vegetables and fruits, counteract these inflammations. These diseases are likely to be organ infections due to excess of certain bacteria colonies.

## **How do you take care of your microbiome?**

What makes our microbiome work well? Those are fiber from fresh fruit and vegetables! These fibers that were long seen as indigestible but in fact these are the catalyst of all kinds of powerful processes in our body. Because we eat a lot of fiber less food such as supermarket bread, sugar, pastries and white flour in all kinds of additions, the microbiome degenerates. The only way to get the microbiology in order is to eat a lot of vegetables and fruit. Fruit juice does not help because there are no fibers in it. So if you suffer from a malfunctioning microbiome, immune system or digestive system, you can not use slow juicer, or you must consume all the fiber pulp.



## **A**

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

## **B**

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

## **C**

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

## **D**

## **E**

[Eggplant](#)

[Endive](#)

## **F**

[Fennel](#)

[Food as medicine](#)

## **G**

[Garlic](#)

## **H**

[Horseradish](#)

[Hot pepper](#)

## **I**

[Iceberg lettuce](#)

## **K**

[Kale](#)

## **L**

[Leek](#)

[Lettuce](#)

## **M**

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

## **N**

[Nettle](#)

## **O**

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

## **P**

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

## **R**

[Root celery](#)

[Romaine lettuce](#)

## **S**

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

## **T**

[Taro](#)

[Tomato](#)

[Turmeric](#)

## **U**

## **V**

[Vegan milk](#)

## **W**

[Watercress](#)

[Wild vegetables](#)

## **Z**

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