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## Nutrition Can't Fix Everything: Your Microbiome

In this post, I'll cover another reason that nutrition can't fix everything: our microbiome, the bacteria, fungi, viruses, and other microorganisms that live on and in our bodies. From birth, our microbiome is the result of contact with our mothers and others, our environment, and the foods we eat and don't eat. It's also the result of the antibiotics we've taken when we're sick as well as those that have been in the foods we've eaten.



Our microbiome works best when it's in balance; the problem is that doesn't happen in most people. Our mothers may not have had the best microbiome to pass on to us. Our diet lacks vegetables, fruits, and fermented foods. Add to that the use of antibiotics, and there's no balance. If someone has a digestive issue or an immune issue, eating specific foods and taking supplements may help with symptoms. But unless the microbiome is working well, it cannot completely help the nutrients convert to active forms to work in the body. That includes phytonutrients from plants or supplements; they may require that a bacteria or even several are needed to help with digestion and absorption. If we don't have them, they can't be as effective.

Why not just take a probiotic? Great, but they may not contain all the bacteria we need. Most contain between one and 16 varieties, but there are at least 5,400 different microbes—so far. We haven't identified which ones are essential for every need. It's a beginning, but may not be enough.

The final reason nutrition can't fix everything on Saturday. Don't forget. Detox Weekend is starting tomorrow evening on [Facebook](#). Find your book or buy the [Real-Life Detox eBook](#), and let's get ready to do it!

What are you prepared to do today?

**Dr. Chet**

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