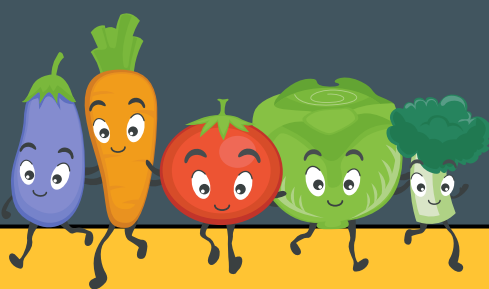


Trillions of microscopic organisms live and work in your intestinal system. Commonly referred to as your “gut microbiome,” they help digest your food, control your immune system, and even manage your brain function.

# 10 ways to boost your microbiome

Eat a diverse range of foods, including veggies and legumes.



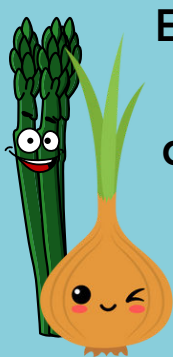
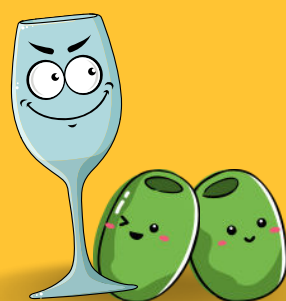
Eat fermented foods like yogurt, kefir, apple cider vinegar, kombucha, pickles, sauerkraut, tempeh, and kimchi.



Eat foods rich in polyphenols, like berries, coffee and tea, nuts, seeds, olives, and beans.



Red wine also has high polyphenol content, as do resveratrol supplements.

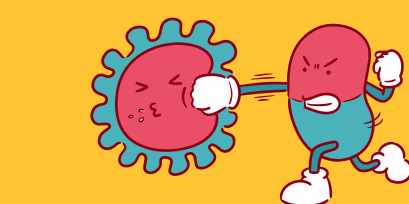
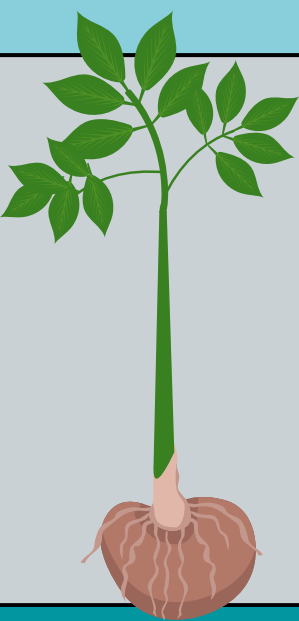


Eat prebiotic fiber like chicory root, dandelion greens, asparagus, onions, and garlic.

Reduce stress and get plenty of sleep.



Try glucomannan, a supplement made from the root of the konjac plant, which contains both soluble and insoluble fiber.



Don't take antibiotics unless absolutely necessary.

Get plenty of regular exercise.



Avoid sugar and sweeteners, which can disrupt the microbiome.



Spend time outdoors in nature. Expose yourself to millions of microbes, many of which can benefit microbiome diversity.

