



DID YOU KNOW?

We're Only
10% Human

© Well Adjusted™

7 Ways To Look After Your Micro-Organisms

- 1** In our own homes, among our own family, it's important to build up our immune systems. That's why letting children crawl on the floor is fine, having family pets is encouraged and sharing a spoon with your sister is, again, fine.
- 2** Cleaning away visible dirt or grime on any surface — sinks, floors, or door handles with thorough washing and cleaning products that are free of harsh chemicals — is usually enough without constant sterilizing and using disinfectants such as bleach (which probably kills everything in the air around it, too!).
- 3** Washing our hands with simple soap dislodges and removes surface particles without stripping everything on the skin. Antibacterial soaps kill both good and bad bacteria, and strip the skin of the environment it needs to sustain good bacteria.
- 4** Be less concerned about germs but instead focus more on considering how strong is your terrain. How strong is your digestive balance, digestive power?
- 5** Learn how to strengthen your digestive power through decreasing your reliance on antibiotics and other types of drugs, through decreasing the stress in your life and your sugar intake.
- 6** Learn how you may be able to strengthen your digestive power through eating wholesome organic fruits and vegetables and probiotic rich foods (including fermented and cultured foods) and supplementing with probiotics, glutamine, fish oil, quercetin, ginkgo and other flavonoid antioxidants.¹⁰
- 7** Discover the health benefits that regular chiropractic adjustments may offer your digestive and immune system and the support and guidance holistic practitioners can offer you and your family.