

ANTECEDENTS

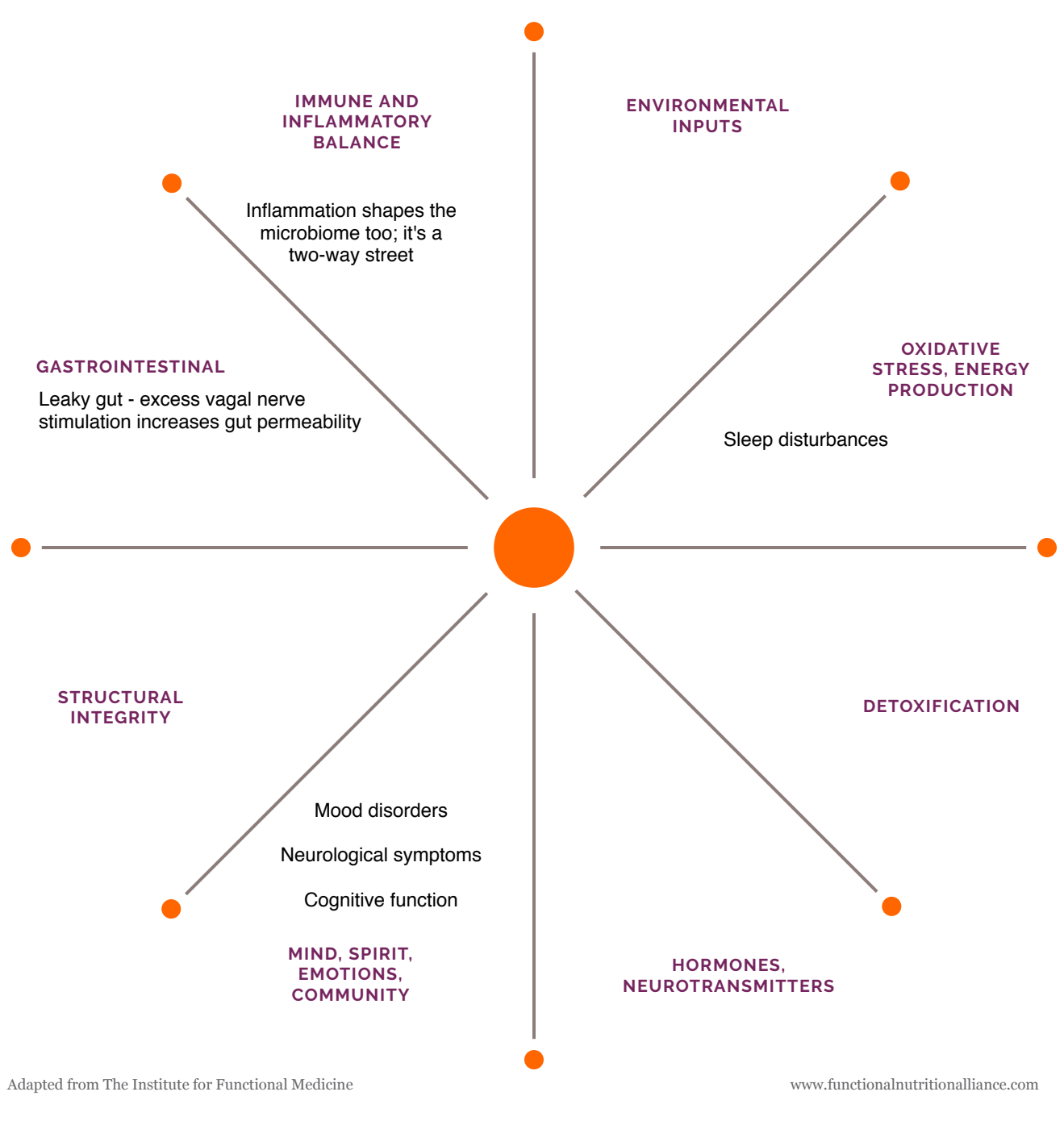
Myth - tendency to view the microbiome as a one way street.

TRIGGERING EVENTS

Emotional inputs

MEDIATORS

Two questions to ask:
Who's there?
and
What do they do? This is the more important question of the two.



SLEEP/RELAXATION

Normal architecture of sleep is created by the interaction between the gut microbiome, the immune system and the adrenal glands.

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Lots of effects of specific food patterns in the body are mediated by the microbiome.

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS