

ANTECEDENTS

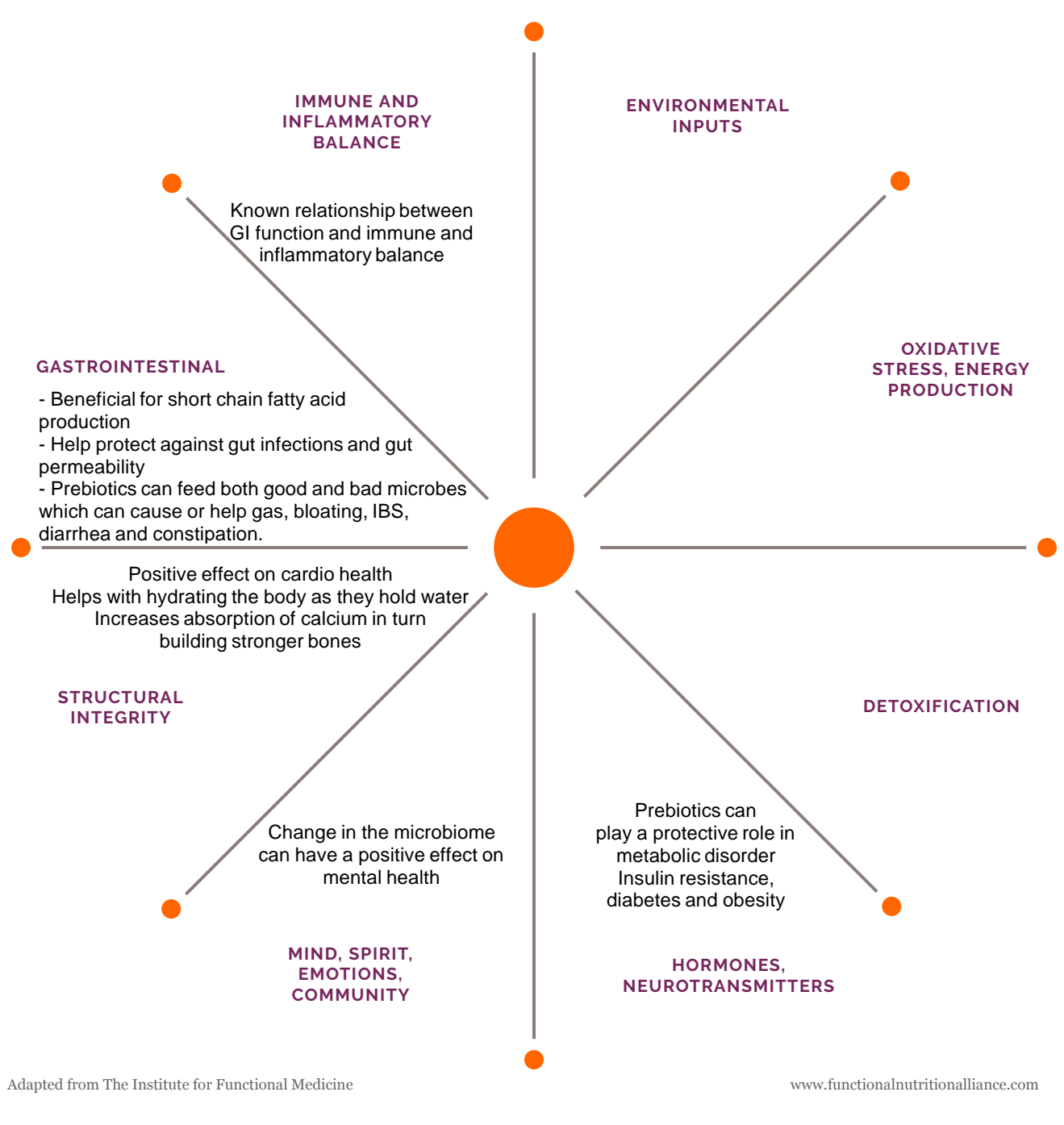
Prebiotics are food for our microbiome - food for our probiotics

TRIGGERING EVENTS

Restrictive diets can limit the amount of prebiotics consumed in the diet

MEDIATORS

Prebiotics can be found in the following foods but not limited to:
Polyphenol's found in colorful foods such as fruits, nuts, seeds, and whole grains. Herbs, cacao, leeks, onions, radishes, plantains, olive oil, legumes, root veggies, artichokes, asparagus, green tea, raw honey, sea veggies and colostrum



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

(See Mediators for a list of some prebiotic-rich foods)

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS