





BACTERIA SMARTS

#3 Key to Success

BACTERIA SMARTS IS:

- Knowing what individual digestive bacteria eat
- Knowing what they make/do
- Knowing their specialties
- Knowing their weaknesses
- Knowing where they live
- Knowing their friends

MACROBIOME GAME

- Be **safe**, aware of others
- Find what you need
- Move **only** during music
- Without talking ;) gotcha!
- We all win



BODY SMARTS

#2 Key to Success

BODY SMARTS IS:

- Learning the mechanics of the body
- Learning biochemistry
- Knowing the body's systems
- Thinking holistically
- Knowing what the body needs
- Knowing what the body doesn't need



BIAS SMARTS

#1 Key to Success

BIAS SMARTS IS:

- Avoiding the this-for-that mindset
- Using food, herbs and bacteria with a person in mind, not a condition
- Dodge the dogma
- Replacing warfare with communication
- Replacing dominance with participation

“US VERSUS THEM”

TAKE “THIS FOR THAT”

Food
Herbs
Plants
Physical activities
Pharmaceuticals
Probiotics



“BIG” FOOD

- Taking isolated constituents and using them to make products
- Assumption that we “need” particular things
- Focus on something other than the body



“BIG” PHARMA

- Taking isolated constituents and using them to make products
- Assumption that we “need” particular things
- Focus on something other than the body



“BIG” FLORA

- Taking isolated constituents and using them to make products
- Assumption that we “need” particular things
- Focus on something other than the body



YESTERDAY

The bacteria are the problem

TODAY

The bacteria are here, nature is here to serve us

or

We are a PART of nature