

10 WAYS YOUR BENEFICIAL BACTERIA CAN BE DAMAGED

Dr. Kim Trager
BODY MIND SPIRIT



1

PROCESSED SUGARS

Processed sugars can feed potentially unhealthy bacteria



2

BEER AND WINE

Beer & Wine consumption can alter your microbial balance



3

NOT ENOUGH SLEEP

This can lead to subtle changes in your microbial makeup



4

MEDICATIONS

These kill both good and bad bacteria



5

LIVING IN URBAN AREAS

Pollution can affect the number of good bacteria



6

LOW FIBER EATING

It serves as food for helpful microbes



7

EATING ARTIFICIAL COLORS

These are antibacterial and antifungal



8

DRINKING TAP WATER

Chlorine can kill both good and bad bacteria



9

USING ANTIBACTERIAL SOAPS

Any antibacterial products can destroy healthy microbes



10

TAKING NSAID'S

They disrupt digestive flora and intestinal mucus

