

Our Microbiome's role in Vitality and Healing

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The micro-organisms that live inside and on us are called our Microbiome. Each person has their own unique assortment of microbes; however, families tend to share many of the same organisms which accounts for the tendency for certain diseases to pass down through ancestral lineage.

To live our healthiest life we need to nurture and support our symbiotic, friendly microbes and clear away the dysbiotic un-friendly ones. The body contains about the same number of intestinal microbes as it has cells.

Our microbiome has an incredible role in defending our bodies from infections. On a daily basis we touch and breathe in thousands of infectious organisms that never infect us. Thank our resident good microbes that occupy vast territories on and within our bodies; these together with our white blood cells defend against infectors.

Poor diet, excessive sugars, processed and fast foods, dehydration, acidity, over the counter medications and prescriptions drugs, environmental toxins, constitutional weaknesses and stress are just some of the factors that negatively influence our bodies' ability to defend against pathogens that lead to over dependence on antibiotics.

Western Medicine routinely ignores the important role of our microbiome in immune function and destroys it with the over prescribing of antibiotics in an attempt to deal with pathogens that get past our defense lines. This ironically kills off much of the symbiotic friendly bacteria opening the door for other opportunistic disease producing micro-organisms such as fungal overgrowth, which is largely unaffected by antibiotics.

As a result, it is problematic to treat unfriendly microbes with antibiotics without strengthening the environment of our intestinal mucosa and strengthening the correct friendly intestinal microbes. To ignore the repopulating of good bacteria, especially after an antibiotic, sets the stage for dysregulation of the immune system, allergies and repeated infections.

In addition to a healthy diet and omitting food allergens to reduce the strain on the immune system, building up the healthy microbes that live in harmony with us is of utmost importance. There are many sources of therapeutic microbes in the form of probiotics that support and nurture our microbiome. Consult your ROHP/RNCP for guidance on which are best for you.

We have great influence on our own vitality and healing. We can choose to do something good for our bodies and prioritize nutrition and probiotics to support the billions of microbes that live inside us and help protect us from invading pathogens.