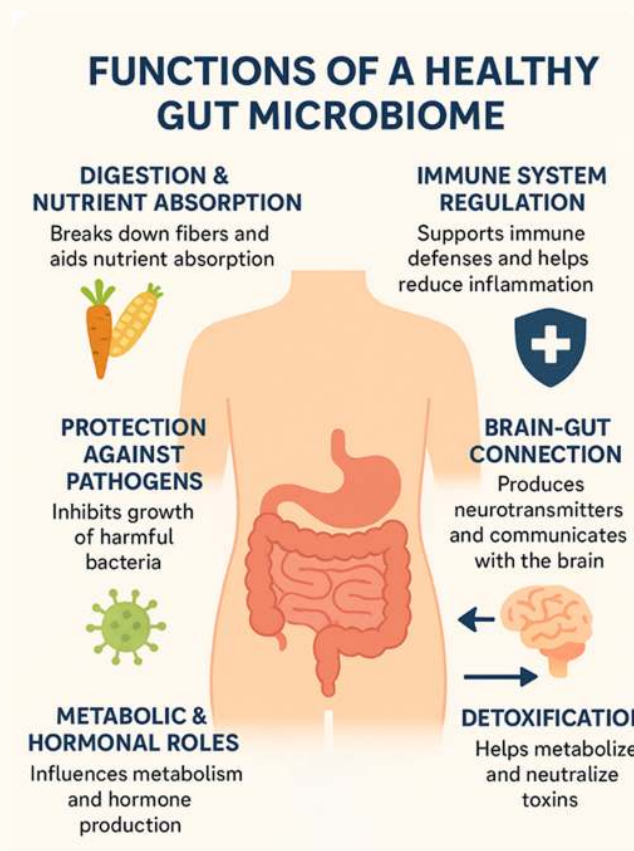


THE GUT MICROBIOME: FRIENDS AND FOES

*Your Weekly Newsletter by
Dr. Nick Sieveking*



Your gut microbiome is shaped by what you eat. A healthy diet fosters a healthy microbiome, while poor choices encourage imbalance. Importantly, bacteria are not simply “good” or “bad”—they can shift roles depending on the environment you create through diet. The science behind gut health is extensive, but here I’ve tried to distill the essentials to help you understand the key steps in maintaining a healthy microbiome.



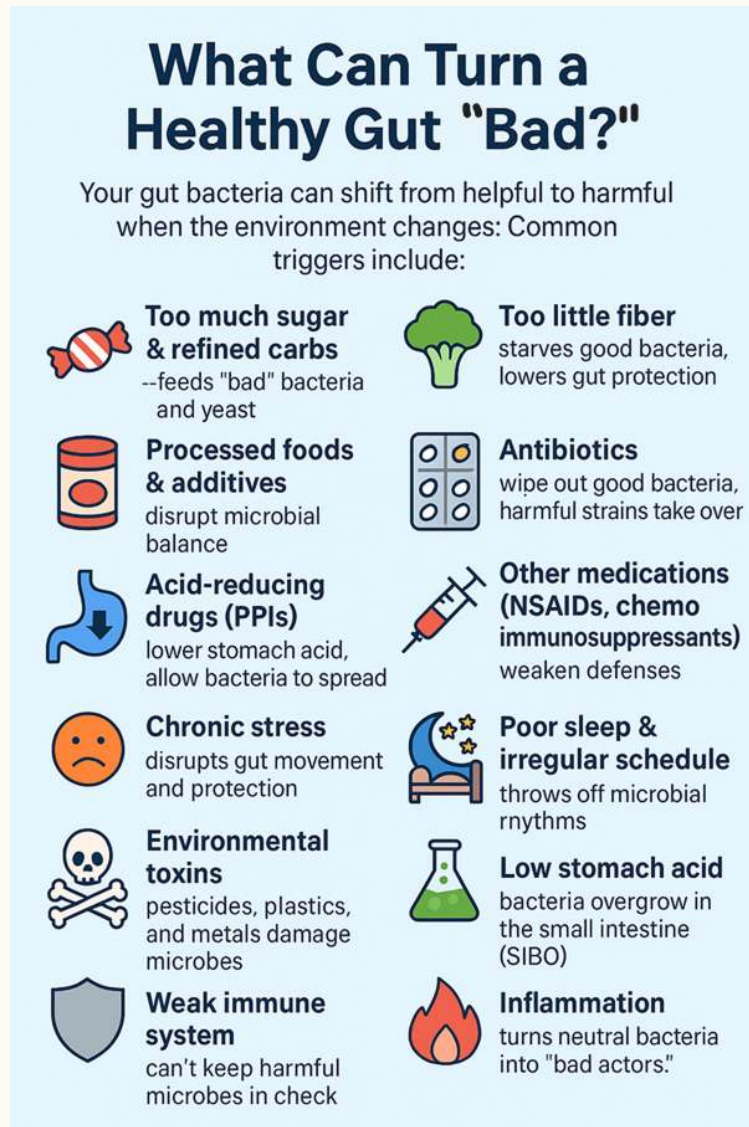
Who May Benefit from Probiotics

- During & After Antibiotic Use – Helps restore healthy gut bacteria and reduces risk of antibiotic-associated diarrhea.
- Digestive Disorders – Certain strains can improve symptoms of irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and shorten infectious diarrhea episodes.

- Weakened Gut Barrier or Immunity – May support balance in people with leaky gut, chronic stress, or frequent infections.
- Women with Vaginal or Urinary Imbalances – Specific strains support healthy vaginal flora and reduce recurrence of yeast or bacterial vaginosis.

Who Probably Does Not Need Probiotics

Healthy adults and children who eat a diet rich in fruits, vegetables, fiber, and fermented foods usually do not need probiotic supplements. Their gut microbiome is generally resilient and balanced without additional help.



Dietary Alternatives to Probiotic Supplements

You can naturally support your gut microbiome with foods such as:

- Yogurt and Kefir – Contain live cultures that support gut health.
- Sauerkraut, Kimchi, and Pickles – Fermented vegetables provide probiotics and fiber.
- Miso, Tempeh, and Natto – Fermented soy products that nourish healthy bacteria.
- High-Fiber Foods – Fruits, vegetables, legumes, and whole grains feed beneficial microbes.

Understanding Pro-, Pre-, and Postbiotics

Think of it like this:

Prebiotics are the food → Probiotics are the workers → Postbiotics are the health-boosting results.

Prebiotics

- What they are: Non-digestible fibers that feed your gut's beneficial bacteria.
- Role: Think of them as “fertilizer” for the probiotics already in your gut.
- Sources: Garlic, onions, leeks, asparagus, bananas, oats, chicory root (inulin).

Probiotics

- What they are: Live microorganisms (usually bacteria or yeast).
- Role: Directly add good bacteria to your gut.
- Sources: Yogurt, kefir, kimchi, sauerkraut, tempeh, supplements.
- Example: Lactobacillus acidophilus, Bifidobacterium longum, Bacillus, Saccharomyces boulardii, Akkermansia**

Postbiotics

What they are: these are the bioactive compounds that probiotics produce after they ferment prebiotics in the gut. **(Probiotics + Prebiotics = Postbiotics)**

- Role: Deliver many of the health effects (anti-inflammatory, immune-modulating, gut-lining repair).

Synbiotics

- What they are: A combination of probiotics (live beneficial bacteria) and prebiotics (their food source) in one product.
- Goal: To improve the survival and activity of probiotic supplements in the gut by packaging them with the necessary fuel.

Fiber: The Missing Link

Most Americans consume only 2–3 grams of fiber daily—far below the recommended 25–35 grams. Insoluble fiber from fruits and vegetables is essential fuel for a balanced, healthy gut microbiome.

Spotlight on **Akkermansia muciniphila

- Supports glucose control and insulin sensitivity
- Stimulates natural GLP-1 (a gut hormone that regulates blood sugar and appetite)
- May be a “Natural GLP-1” weight loss strategy

How to Support Akkermansia

1. Feed It:

- Polyphenol-rich foods: cranberries, pomegranate, blueberries, green tea, grapes
- Inulin/FOS: chicory root, garlic, leeks, onions, asparagus, Jerusalem

artichoke

- Resistant starches: green bananas, cooled potatoes, cooled rice, oats, legumes

2. Protect the Gut Lining:

- Omega-3 fats (fish, flax, chia)
- Colostrum or dairy immunoglobulins
- Adequate hydration

3. Avoid Suppressors:

- Processed foods, emulsifiers, Sucralose
- Overuse of antibiotics

Recommended Supplements

- Dr. Ohhira's Probiotic – probiotic + prebiotic + postbiotic
- MegaSporeBiotic, HU-58, and RestorFlora, Vaginal Balance
- UltraFlora® Biome Pro
- Pendulum Life – the only supplement with live Akkermansia

[*Click the link below to call Ageless Solutions to determine which probiotics are best for you AND receive 20% OFF your first order!*](#)

Order Your Probiotics Now

Probiotic Timing Guide

- Lactobacillus / Bifidobacterium – With meals (food buffers stomach acid).
- Saccharomyces boulardii (yeast) – Anytime; especially useful with antibiotics.
- Spore-/Soil-based (Bacillus species) – With meals (morning or evening).
- Synbiotics (probiotic + prebiotic) – With meals.

Special Cases

- With antibiotics: Take probiotics 2–3 hrs after dose; continue for 1+ week after.
- Sensitive digestion: Try nighttime to reduce bloating.

Practical Tips

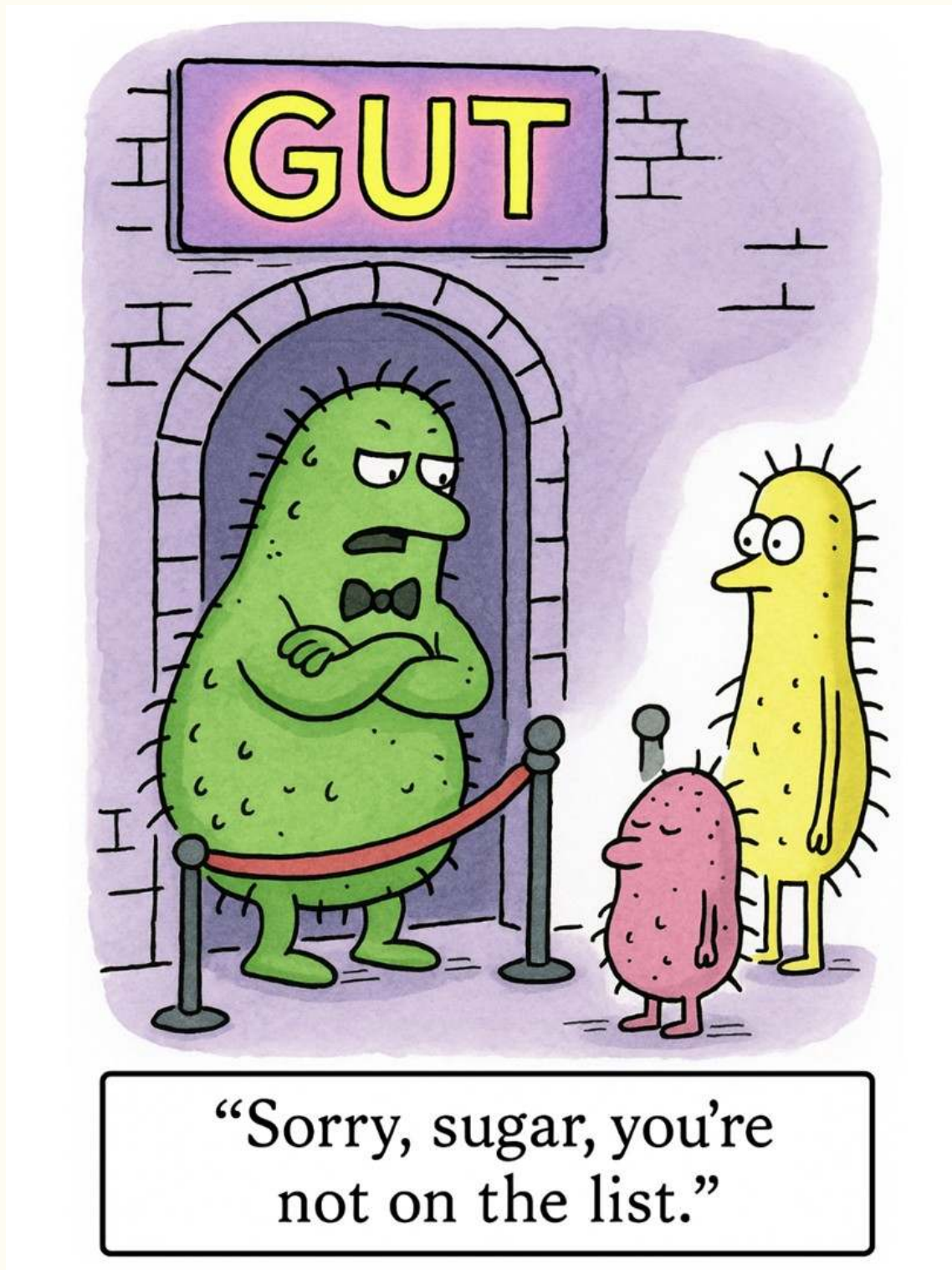
- Double probiotic support during antibiotic use.
- Always pair with fiber-rich, polyphenol-rich foods.
- Avoid high-sugar, high-fat foods that harm good bacteria.
- Quality of strains and survival rates matter more than high “CFU” counts.

Tips for Taking Antibiotics

Cold, flu, and strep season is here, and many of you may find yourselves on a Z-Pack this winter. Antibiotics wipe out both harmful and beneficial bacteria, so use this as an opportunity to rebuild your microbiome with stronger defenses.

- Eat smart: Focus on high-fiber foods, polyphenol-rich fruits and vegetables, and limit sugar and saturated fats.

- Supplement wisely: Take a high-quality, broad-spectrum probiotic to help restore balance.



Top Sources of Polyphenols:

- Fruits: berries, apples, grapes, pomegranates
- Vegetables: onions, spinach, broccoli
- Beverages: green tea, coffee, red wine
- Herbs & spices: turmeric, cloves, oregano
- Dark chocolate and cocoa

Medical Problems Linked to an Unhealthy Gut Microbiome



Digestive System

- Irritable Bowel Syndrome (IBS)
- Inflammatory Bowel Disease (IBD – Crohn's, Ulcerative Colitis)
- Small Intestinal Bacterial Overgrowth (SIBO)



Metabolic & Endocrine

- Obesity
- Type 2 Diabetes & Insulin Resistance
- Metabolic Syndrome
- Nonalcoholic Fatty Liver Disease (NAFLD)



Immune & Inflammatory

- Autoimmune Diseases (e.g., Rheumatoid Arthritis, Multiple Sclerosis)
- Chronic Low-Grade Inflammation
- Allergies & Asthma



Brain & Nervous System (Gut-Brain Axis)

- Depression
- Anxiety
- Cognitive Decline (links emerging with Alzheimer's and Parkinson's)



Skin & External

- Eczema
- Acne
- Psoriasis

Stay Tuned!

***Be on the lookout for next week's newsletter:
Mommy Makeover - Part II: Tummy Tuck.***

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