


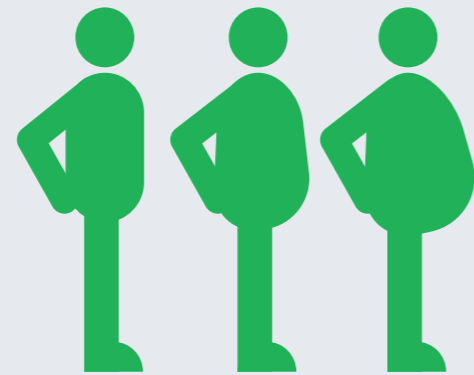
GUT MICROBES, OUR MENTAL AND PHYSICAL HEALTH

100
TRILLION
MICRO
ORGANISMS

1.5 KG



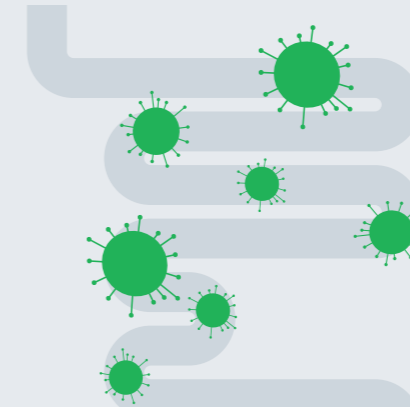
THE HUMAN GUT INCLUDES ABOUT 100 TRILLION, WEIGHING 1.5 KG



CHANGES IN GUT BACTERIA ARE BEING LINKED TO OBESITY



SCIENTISTS SUSPECT A LINK BETWEEN GUT MICROBES AND NERVOUS SYSTEM DISEASES SUCH AS PARKINSON'S AND ALZHEIMER'S



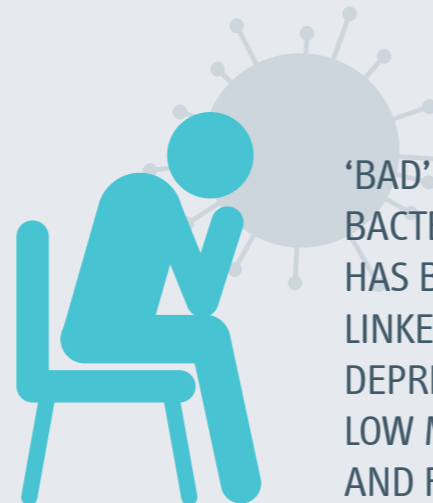
MICROBES LIVING IN THE GUT HELP DRIVE THE DEVELOPMENT OF BOWEL CANCER



BREAST-FEEDING HAS BEEN LINKED TO HIGHER LEVELS OF GOOD GUT BACTERIA IN BABIES



PROBIOTIC 'GOOD' BACTERIA HAS BEEN SHOWN TO LOWER ANXIETY AND STRESS-INDUCED HORMONES



'BAD' GUT BACTERIA HAS BEEN LINKED TO DEPRESSION, LOW MOOD AND FATIGUE



**HIGH-FIBRE
HELPS
GOOD GUT
BACTERIA**

A HIGH-FIBRE DIET HELPS US ACQUIRE AND MAINTAIN GOOD GUT BACTERIA



THE RIGHT BALANCE OF BACTERIA CAN LOWER BLOOD PRESSURE AND RISK OF STROKE