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The surfaces of the human body inside and out, including the skin, mouth and the intestines, are covered in millions of individual micro-organisms that don't do us any harm. They actually protect us from becoming infected with harmful microbes.

An infection can be seen as a battle between the invading pathogens and the host - our body. Our bodies are equipped to fight off invading microbes that may cause disease. These are called our natural defences or immune system.

Your immune system uses a huge army of defender cells - different types of white blood cell. You make about 1000 million of them every day in your bone marrow. These cells patrol your body looking for and destroying germs and infections.

Probiotics, or the "live active cultures" found in yogurt, are full of healthy bacteria that keep the gut and intestinal in shape. Studies have found a daily 7-ounce dose of natural, organic yogurt was more effective in boosting immunity than popping probiotic supplements.

CNM trains students and offers courses for careers in natural therapies

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keeping your eco-system healthy

Microscopic organisms or 'microbes' are always living with us – both on and in our body, keeping our body's ecosystem in balance for good health. Any disruption in these organisms can have drastic health implications, and without them, we would die. So what can you do to help them keep us healthy?

Most importantly, try and avoid using antibiotics unless essential, as these have a dramatic influence on our natural microbes!

Giving birth naturally also plays a huge part in the microbes that will first colonise a new-born, and set them up for life. To encourage the growth of healthy microbes, eating food such as yoghurt, miso and sauerkraut can be good. Supplementing with probiotics is also good, and is especially important if you have taken or are taking antibiotics.

Any disruption to your gut function will start to disrupt your gut bacteria, so making sure your digestive system is happy is essential. If you have allergies or intolerances that affect your gut and give you symptoms such as bloating or diarrhoea these will also be harming your good bacteria.

Get advice on the right level and type of supplementation for your individual health status by seeing a Naturopath or Naturopathic Nutritional Therapist.

Always see your health professional for personalised advice.



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