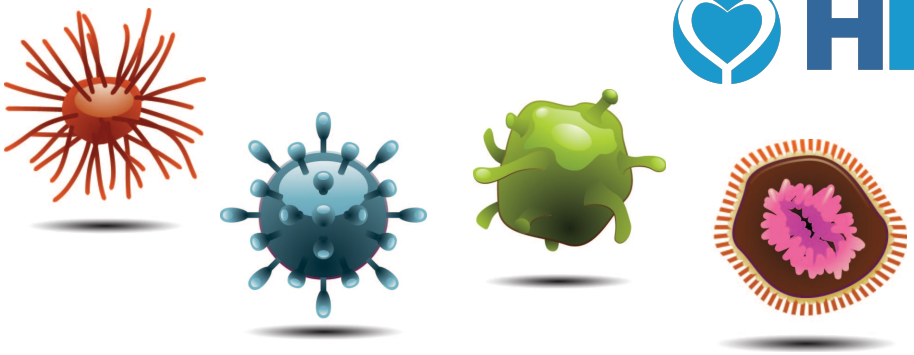
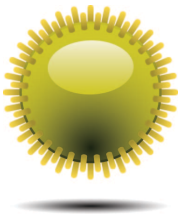
Managing the Microbiome



The Human Microbiome Project (HMP)

The National Institutes of Health's **Human Microbiome Project (HMP)** is developing research resources to enable the study of the microbial communities that live in and on our bodies and the roles they play in human health and disease.

https://commonfund.nih.gov/hmp/index



Recent Books Addressing Studies on the Microbiota

The Microbiome Diet
-Raphael Kellman, MD

The Belly Fat Effect
-Mike Mutzel MSc

The Good GUT
-Erica & Justin Sonnenburg, PhDs

The GUT Balance Revolution
-Gerard E Mullin, MD

An Epidemic of Absence
-Moises Velasquez-Manoff

10% Human: How Your Body's Microbes Hold the Key to Health and Happiness
-Alanna Collen

NOTES:

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Microbiome Health Quiz

Circle Yes or No for the following:

Yes/No - Born vaginally?

Yes/No - Breast-fed 6 months?

Yes/No - Taken few if any antibiotics?

Yes/No - Avoid acid suppressing medications?

Yes/No - Spent childhood on a farm?

Yes/No - Owned large pets as a child?

Yes/No - Played outside in the dirt?

Yes/No - Have 3 or more siblings?

Yes/No - Rarely have gas or GI distress?

Yes/No - Eat mindfully--slowly and chew well?

Yes/No - Rarely drink sweetened beverages? (<2/wk.)

How to get involved

American Gut
www.americangut.org

Ubiome
www.ubiome.com

Meta HIT
www.metahit.eu

Gut Microbiota Superfoods!

- Apples
- Asparagus
- Avocado
- Beans
- Berries
- Carrots
- Chia seeds
- Cinnamon
- Cocoa (70% or higher)
- Cruciferous Vegetables
- Ginger
- Green Tea
- Ground Flaxseed
- Jerusalem Artichokes
- Jicama
- Kefir, Yogurt
- Nuts
- Oats
- Pickled Vegetables
- Sauerkraut, Kimchi
- Tubers
- Turmeric
- Vinegar

RECIPES

Berry Spice Green Smoothie

- 2 c. baby kale or other greens
- ¼ c. of broccoli sprouts
- 1 inch piece of ginger
- 1 kiwi or ¼ peeled green apple
- ½ frozen banana (ripe and peeled)
- ¾ c. of frozen (or fresh) mixed berries
- ¼ c. of raw nuts or raw seeds (my favorites are pumpkin seeds, walnuts, almonds, ground flax seeds, hemp seeds or chia seeds)
- Liquid: 1-2 c. of water, coconut water (unpasteurized), or almond or coconut milk
- Spice blend: ¼ teaspoon of turmeric, cracked black pepper (about a ¼ tsp.), ¼ tsp. of cinnamon, ¼ tsp. of cardamom and ¼ dried ginger if fresh ginger above not available.
- Optional: 1 c. yogurt or kefir (dairy, coconut or other) in place of some liquid

Blend your choice of liquid ingredients, greens, sprouts and ginger first and then add remaining ingredients and continue to blend to desired consistency adjusting liquid as needed.

Microbiome Superfood Salad

- Grated Carrots (about 2 cups)
- Grated Broccoli Stems (about 2 cups)
- Red cabbage thinly sliced (about 4 cups)
- Chickpeas or other dried, cooked bean (1-2 cups)
- Herb options: finely chopped parsley, chives, dill, cilantro, basil, mint
- Optional nuts or seeds: almond slivers, pumpkin seeds, sunflower seeds or sesame seeds
- Optional dried fruit: cranberries, raisins or currants

Dressing: 6 tbsp. olive oil or 4 tbsp. olive oil and 2 tbsp. plain yogurt, 1 tsp. Dijon mustard, 1 small minced garlic clove, 1 tbsp. fresh squeezed lemon, 1 tbsp. sherry or white wine vinegar and salt and pepper to taste. Dressing can be made ahead of time but this salad holds up well already dressed for a couple of days.

Curried Red Lentils

- 3 tablespoons coconut oil
- 2 tablespoons chopped fresh ginger
- 2 cloves garlic, chopped
- 8 scallions, sliced, white and green parts separated
- 1 tablespoon curry powder
- 4 med. carrots (about 8 oz.) chopped
- 1 sweet potato (about 10 oz), peeled and cut into 1-inch pieces
- 1 c. red lentils
- 4 c. low-sodium vegetable broth
- Kosher salt and black pepper
- Lime wedges for serving
- Herb options: Parsley, Cilantro, Mint or other as desired

Heat the oil in a large saucepan over medium-high heat. Add the ginger, garlic, and scallion whites and cook, stirring frequently, until softened, 2 to 3 minutes. Stir in the curry powder. Add the carrots, sweet potato, lentils, broth, ¾ teaspoon salt, and ¼ teaspoon pepper. Bring to a boil, reduce heat, and simmer, stirring occasionally, until the lentils and vegetables are tender, 15 to 20 minutes. Sprinkle the lentils with scallion greens, desired herbs and serve with lime wedges.

Green Chile Guacamole Hummus Veggie Dipper

- 2 cups or 1 can (15.5 ounces) chickpeas, rinsed and drained
- 3 cups fresh cilantro leaves
- 1 garlic clove, chopped
- Green Chile to taste
- 1 ripe avocado, roughly chopped
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- Salt to taste

In a food processor, combine chickpeas, cilantro, garlic, chile pepper and avocado. Process until finely chopped. With machine running, add olive oil in a slow, steady stream, then add lemon juice, and then add water, 1 tablespoon at a time, until mixture is smooth. Season to taste with salt.

Any veggies you choose to dip: Jicama, carrot sticks, celery, cucumber, zucchini, bell peppers, baby tomatoes, broccoli, cauliflower, radishes.