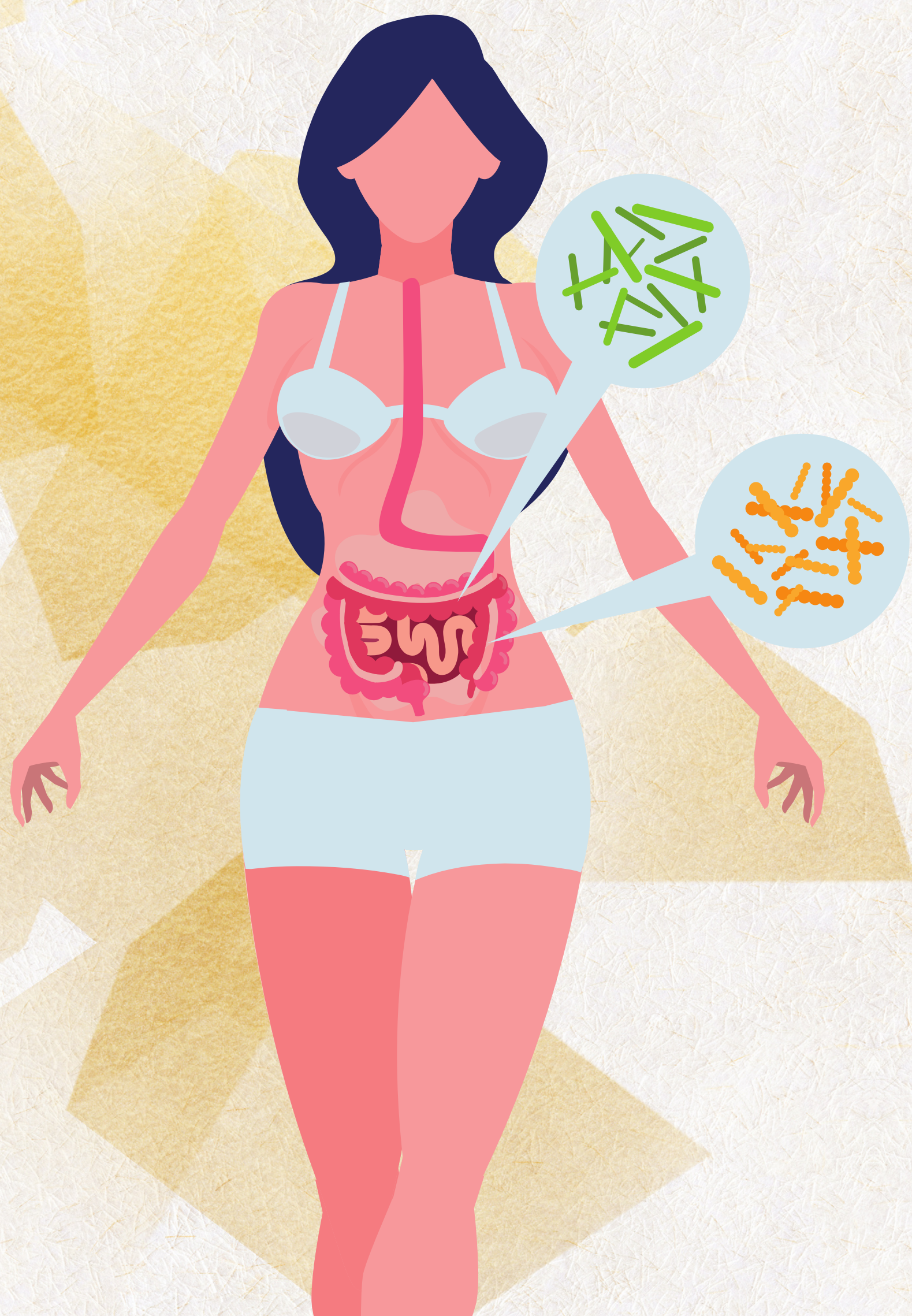


HOW TO  
**BUILD**  
YOUR  
**MICROBIOME**



**CATE STILLMAN**

# MICROBIOME DIET

*feed your microbes everyday*

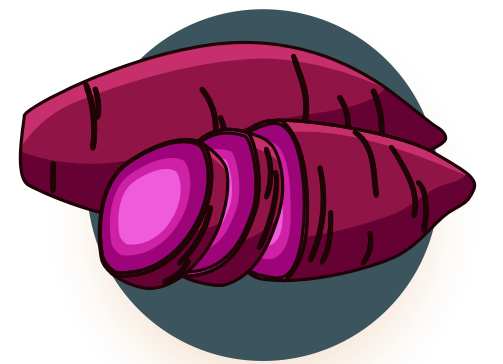
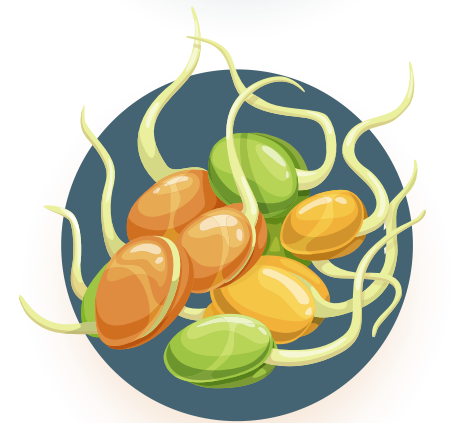
## Your microbiome is an organ.

Your microbiome is an organ as essential as your liver, lungs, intestines, brain, heart, and kidneys. Microbiota, which are the oldest cells on Earth, continue to co-evolve with all current life forms, including us mammals. This complex micro-biotic community are the deep roots of the evolutionary past, yet its species are also constantly changing. The surviving human genes and mutualistic microbiota genes exist today because they thrived together. The host (you) and your terrain (your microbiome) are interdependent and therefore, cross-talk.

This cross-talk strengthens immune function and uplevels homeostasis by adapting to new species. A healthy microbiome nourishes your genetic intelligence so your cells don't degenerate or mutate.

Factors that affect outside-inside homeostasis affect specific microbiomes: from soaps affecting the skin microbiome, to smoking affecting the lung microbiome, to junk food and pharmaceuticals degenerating the gut lining for pathogens to breed.

Your microbiomes are healthy if you have diverse and mostly beneficial species of microbiota in your stomach, colon, lungs, skin, and even nerves. Your organs and systems depend on specific and diverse species. The number of microbiota is tenfold higher than that of our cells; with a coding capacity a hundred times higher than that of our cells. The gut microbiome alone has over 1000 species, due to the complexity of metabolizing food into essential nutrients and vitamins while killing ingested pathogens. The diversity of organisms signifies the complexity of functions of the terrain.



## ENZYMES

Enzyme deficiency leads first to digestive discomfort and then to disease. First, it feels like this: constipation, gas, heartburn, bloating, and stool problems, which look like this at the micro-level across the gut/blood barrier: Dysbiosis develops when there is a dramatic shortage of enzymes.

## *prebiotic + probiotic*

The microbiome diet is dirt cheap. For the most part, you need vegetables and salt to start fermenting vegetables. Fermented vegetables are both prebiotic (food that feeds microbes) and probiotic (microbiome species).

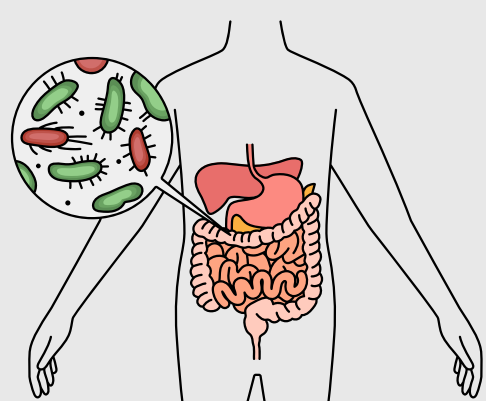
Prebiotics are substances, found mostly in plant-based foods, which provide a living terrain for the beneficial bacteria in your gut. Probiotics are the actual beneficial microbes—primarily bacteria and viruses—that make up your microbiota (see MICROBIOME). Prebiotic dietary fibers, resistant starches, polyphenols (a type of phytonutrient), ferments, and foods that promote nitric oxide production, are essential for a robust microbiome.

# MICROBIOME DIET

★ 39 ★  
*trillion microbes*

in your body

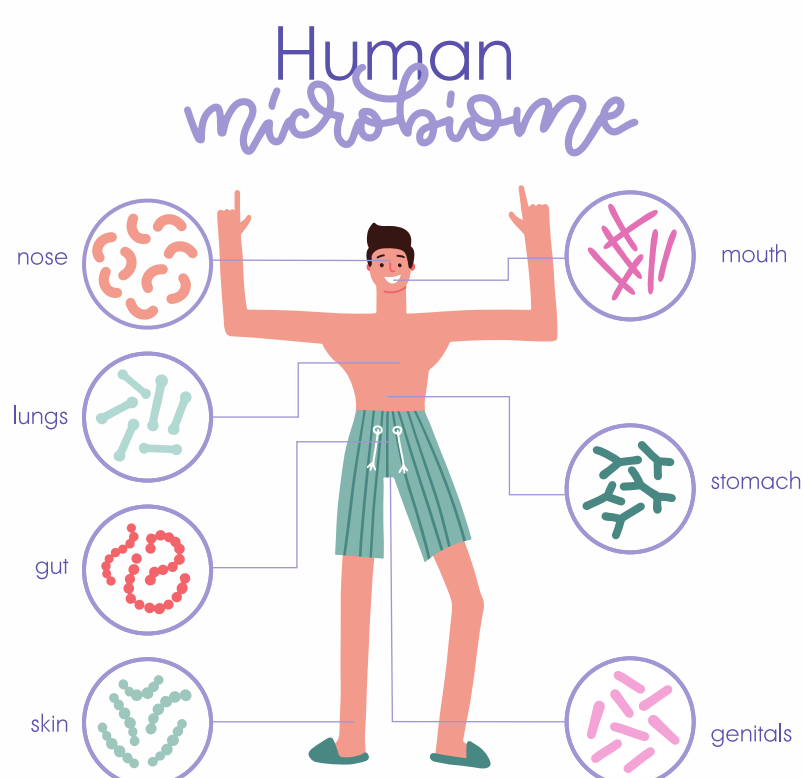
The health of your microbiome determines whether you are sick, diseased, or healthy.



Your microbiome is the mutualistic ecological community of beneficial, symbiotic, and pathogenic microorganisms that sets up colonies that mitigate how your human DNA cells function, receive nourishment and adapt to the changing world.

## *You are ecology*

“Health” is, in fact, the outcome of your bodily systems integrating with evolving bacteria and viruses in the ecosystem and ecology where you source nourishment.

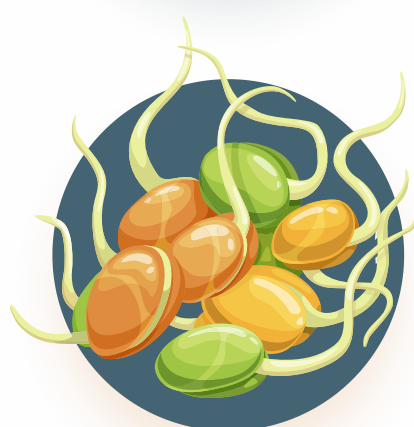


## *feed your microbes everyday*



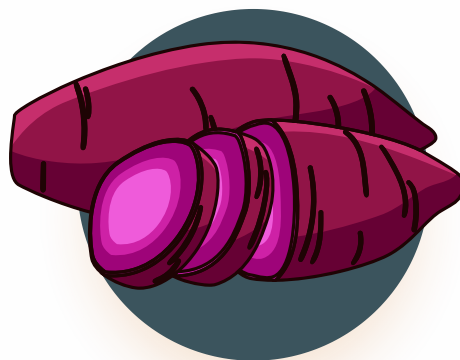
### FERMENTED FIBER

Fermented vegetables are fermented fiber: both living microbes and their food/jungle gym.



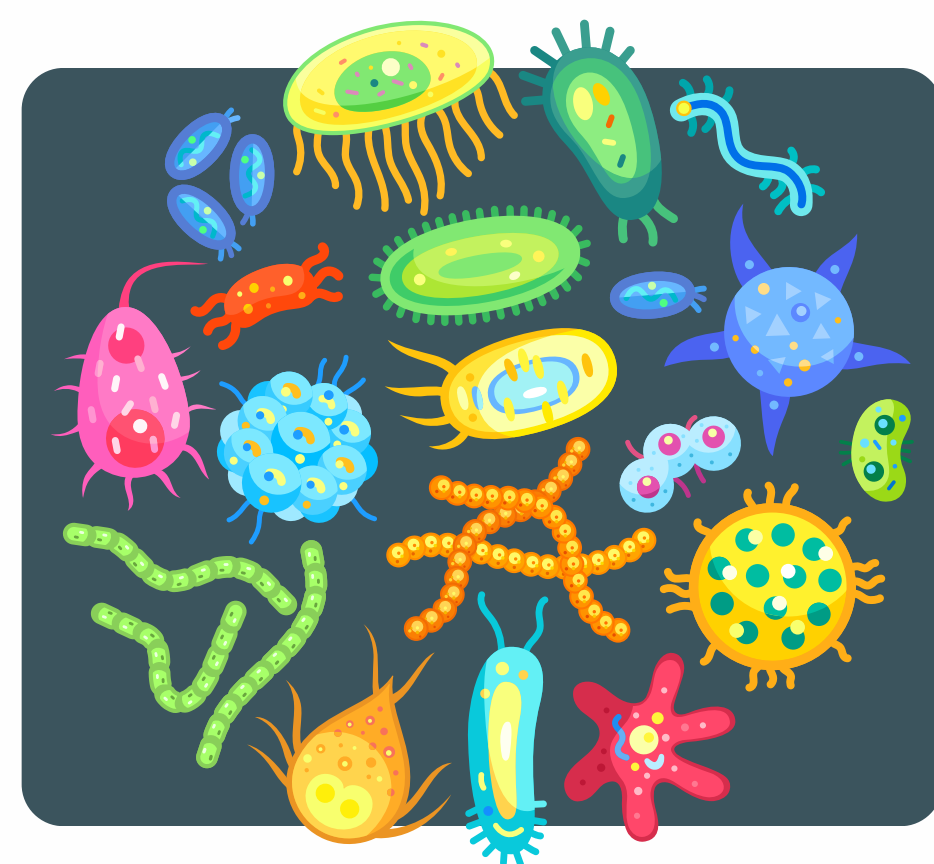
### ENZYMES

Raw fruits and vegetables, fermented foods and sprouted nuts, seeds, grains and legumes are highest in enzymes. Enzymes are essential for turning protein into amino acids, and breaking down carbs and fats.



### SKINS OF ROOT VEGETABLES

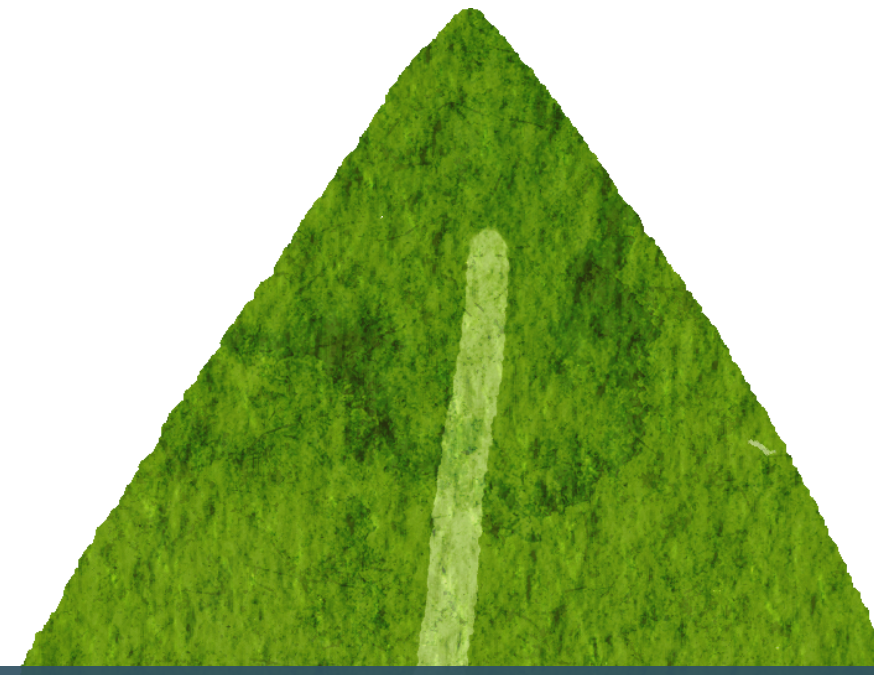
The microbial community within the soil determines the communities in the peel that colonize the gut. And vegetable skins exhibit higher microbe diversity—more species—than their insides.



Your microbiomes are healthy if you have diverse and mostly beneficial species of microbiota in your stomach, colon, lungs, skin, and even nerves. Your organs and systems depend on specific and diverse species.



# FIBER FIBER FIBER



## why fiber?

Resistant starches make up the majority of prebiotic fiber. While most starch gets broken down into glucose, resistant starch is a carbohydrate that is not digested but instead gets fermented by microbes in the colon. (Chocolate lovers—cacao is, notably, one of the few prebiotics that isn't a starch!) Fiber slowly moves the food bolus towards the exit without getting broken down in the small intestine. Prebiotic fiber is the specific food for the gut microbes to produce short-chain fatty acids (SCFAs) from. SCFAs nourish the cells that maintain the gut barrier into the blood, which optimizes immune function by generating an anti-inflammatory and anti-carcinogenic atmosphere.

## Prebiotic Fiber



Unprocessed whole grains, like oats, barley, brown rice, and quinoa

Legumes, such as chickpeas, beans, lentils, and dried peas



Jerusalem artichokes, burdock, yacon root

Garlic, onions, leeks, shallots

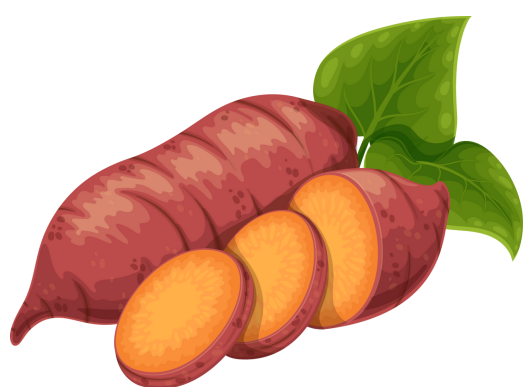
Cashews, flaxseeds, pistachios



Seaweed



Plantains and green bananas



Starchy roots, like yams, potatoes, tubers

Dandelion greens, cabbage, asparagus, snow peas

Apples, grapefruit, pomegranate, nectarines

What prebiotics should you eat this week?

Add a few to your grocery list:



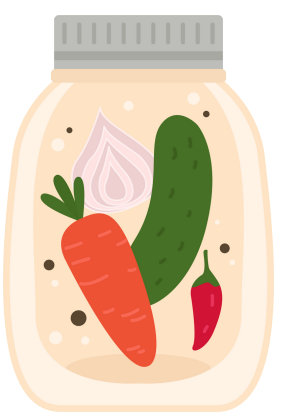
# FERMENT FERMENT FERMENT

## 8 reasons to ferment

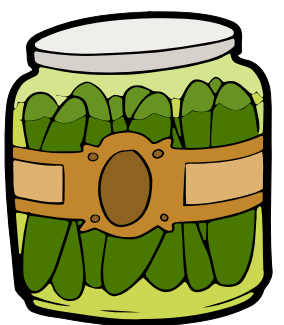
Fermented foods are both living microbes and the nourishment for the diaspora of the healthy microbiome. During fermentation, “good” bacteria synthesize vitamins and minerals, producing biologically active peptides with enzymes that nourish tissue development while removing non-nutrients.

Fermented foods kill the bad guys, from free radicals which cause oxidative stress to carcinogens, thus earning the following heavyweight titles:

1. Anti-oxidant
2. Anti-inflammatory
3. Anti-microbial
4. Anti-carcinogenic
5. Anti-fungal
6. Anti-diabetic
7. Anti-allergenic
8. Anti-atherosclerotic



**Fermented vegetables, yogurt, kefir, fermented cottage cheese, kimchi, vegetable brine drinks, kombucha tea increase overall microbial diversity, with more potent effects from larger servings.**



**Make or purchase sauerkraut, kimchi, pickles, and pickled vegetables.**

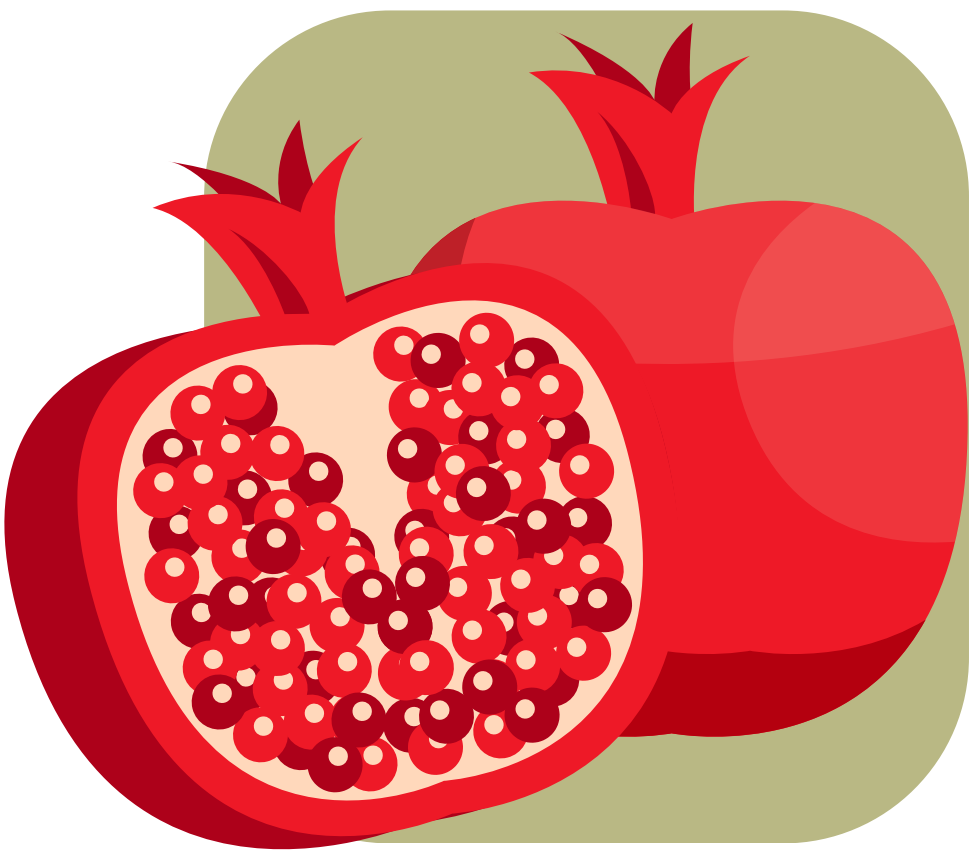


**Have an assortment for a few bites at mealtime.**



Organic microbes in the skin of root vegetables are picked up from the soil (probiotic). The microbial community within the soil determines the communities in the peel that colonize the gut. Microbes are also in the leaves of organic plants that replicate when fermented, such as the four lactic acid species on cabbage leaves.

**What fermented foods should you make this week?  
Schedule some kitchen time!**



# POLYPHENOLS

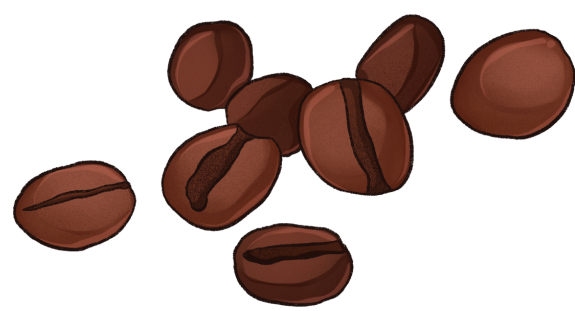
## why Polyphenols?

Polyphenols are compounds found in plants that have a reducing effect - reducing oxidation and inflammation. Over 8000 polyphenol compounds have effects ranging from antioxidant, anti-inflammatory, anti-carcinogenic, and anti-tumorigenic. Long-term diets rich in polyphenols protects against the disease of chronic inflammation - cancers, heart disease, immune diseases, dementia., type 2 diabetes, osteoporosis, pancreatitis, gastrointestinal problems, lung damage. .

Removal of peels and hulls strips polyphenols from food. Yet, thorough chewing diffuses these compounds for better absorption. Polyphenols in food enable gut bacteria to produce neurotransmitters, bioactive metabolites, and antioxidants, benefiting gut bacteria, while inhibiting invasive species.

## Polyphenols

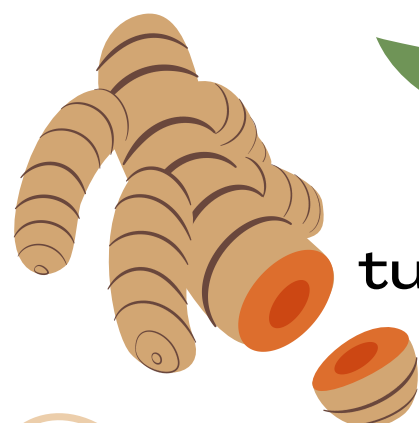
Berries



Coffee



Red wine



turmeric



Tea



nuts



Artichokes

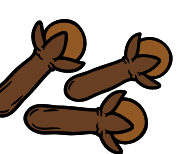


Flax seed



Olives

Herbs  
+  
Spices



Polyphenol amounts vary from 15,000 mg/100 g in cloves to 10 mg/100 mL in red wine. The richest sources were various spices and dried herbs, cocoa products, some darkly coloured berries, some seeds (flaxseed) and nuts (chestnut, hazelnut) and some vegetables, including olive and globe artichoke heads.

What polyphenols should you eat this week?

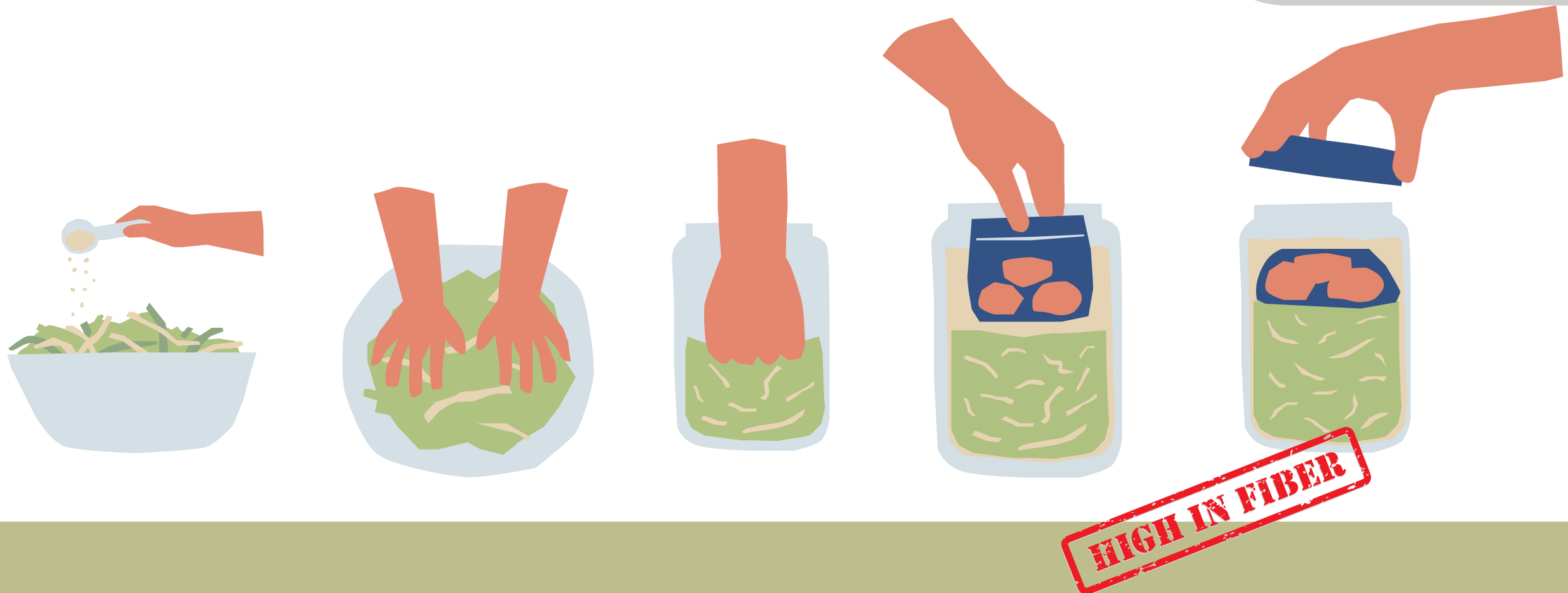
Add a few to your grocery list:

# get your hands dirty

Fermented fiber is as easy as massaging salt into cabbage, stuffing it in a jar, weighting it down to submerge the fiber, and letting it sit for a few days.

A resistant starch must fulfill three criteria to be classified as a prebiotic:

1. Resistance to the upper gastrointestinal environment
2. Fermentation by the intestinal microbiota
3. Selective stimulation of the growth and/or activity of the beneficial bacteria.



## Stop Peeling Vegetables

The skin of vegetables has more prebiotic fiber than the insides. And vegetable skins exhibit higher microbe diversity—more species—than their insides. So don't peel organic vegetables; buy from organic farms that replenish the soil with manure. And, as you'll see below, leaving a little dirt on the carrot isn't a bad idea.



## curds & whey

Back on the farm the cow produced more milk than baby cow needed. So humans milked. And the leftover milk fermented, and separated into curds and whey. The whey is the water to soak the grains or make microbial happy hour elixirs.



## soak grains, beans, nuts, seeds

When grains or beans are soaked overnight in water with a bit of whey or pickle juice, the microbes from the ferment grow the grains into probiotics. Plus, when grains are soaked, they start to sprout, which makes them rich in enzymes (the proteins that digest nutrients). Asian cultures ferment their legumes in foods like miso, tofu, bean pastes, and tempeh.

by Cate Stillman, founder of Yogahealer.com, ClubTHRIVE .global and Wellness Pro Academy

### HOW THE MICROBIOME GETS SICK, DYSBIOSIS & LOMD

Like all organs, the microbiome has physiology and pathology, named eubiosis and dysbiosis, respectively. Eubiosis is the interspecies balance of the microbiota community. Dysbiosis is the imbalance that occurs when microbial diversity falls short along with the loss of necessary beneficial bacteria for health.

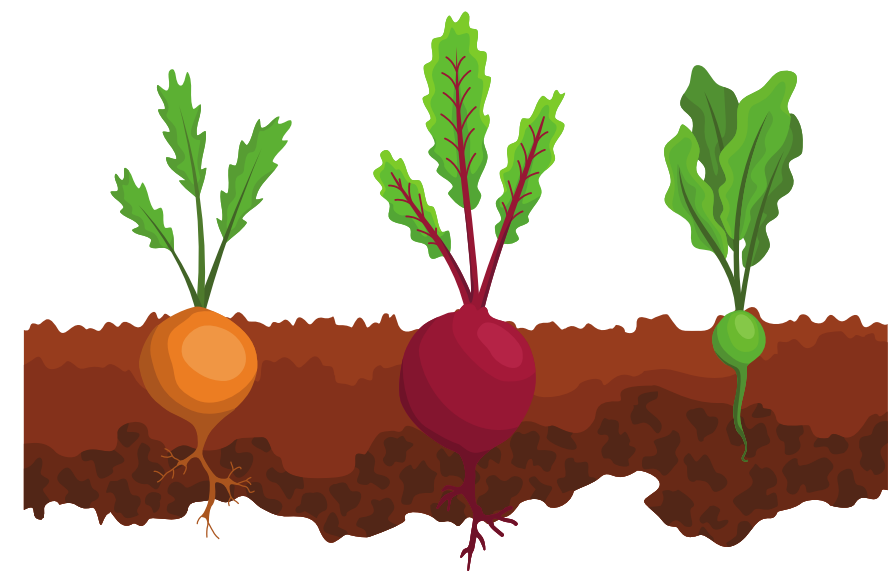
The human microbiome is experiencing a devastating loss in genetic diversity. Evidence has mounted that, following the industrialization of food - separating the human gut from soil and manure, we moderns have all become sub-par in microbiome biodiversity—especially those living in big cities, born by Caesarian section, or who have used a lot of antibiotics. However, the microbiome has been mostly ignored by modern medical practice. When was the last time your doctor tested your microbiome for species diversity?

Your microbiome is the organ that is in every organ and sense organ. Dysbiosis happens when microbial diversity plummets, either systemically or in a specific organ. The species which feed off disease take over. Dysbiosis is the root of chronic symptoms, chronic inflammation, and chronic disease.

Dysbiotic microbes, which work against human DNA cells, thrive in a high ROS environment. Dysbiotic microbes generate more ROS. Over time, ROS and dysbiotic microbes destroy a functional microbiome. Human DNA cells rely on a functional microbiome for cell replication. Cells can't function properly, let alone replicate without degeneration or mutation (see MICROBIOME, NITRIC OXIDE).

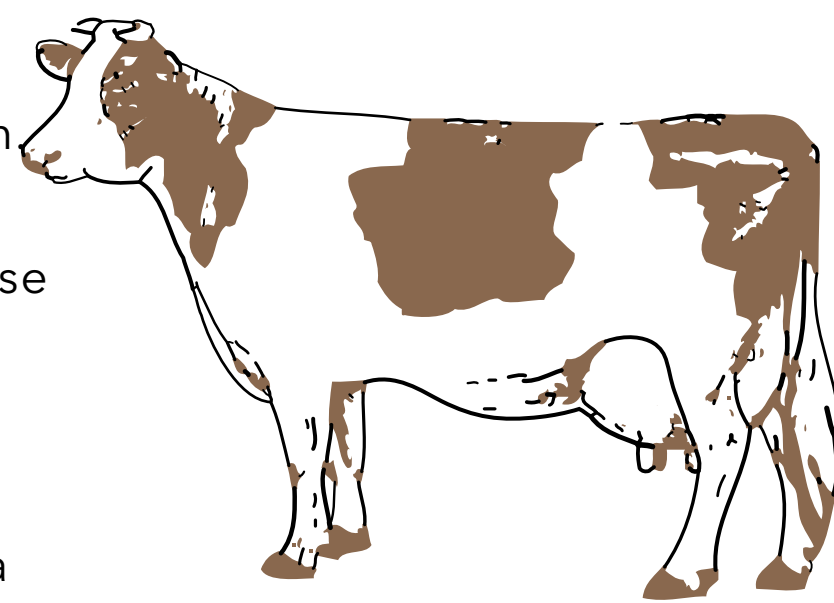
The feedback loop of oxidative stress at the cellular level causes tissue damage. The tissue becomes fibrous—called "fibrosis"—to protect the organ system. Chronic fibrosis impairs tissue function. The chronic situation leads to frequent or severe infections, which are identified as hyperinflammation or cytokine storms, an easy biomarker to identify the severity of allostatic load.

Today, dysbiosis is occurring at epidemic levels, due to pro-inflammatory modern farming practices, diet and lifestyle, and the microbiota-destroying medications that are so prevalent, from antibiotics to chemotherapy to immunotherapy to SSRI's for anxiety and depression. Our life-saving drugs are killing our microbiome, turning acute health crisis into chronic disease (see HEAL). As dysbiosis triggers inflammation production, the immune system at large becomes dysregulated.



### THE DIRT ON DIRT

Soil is by far the most extensive natural microbial gene reservoir on earth. Primates evolved completely integrated with soil, surviving by digging and eating roots, bulbs, and tubers. To put it into perspective, agriculture only became mechanized within the last 100 years.



### SOIL, COMPOST, MANURE, + COWS

When humans shifted from hunter-gatherers to farmers we still had contact with soil. We put cows and horses to work in fields, and composted their manure into soil. Soil and manure have the richest diversity of microbes. As humans left the farm for the factory, then the office, we stopped getting our hands soiled. Our microbiome diversity plummeted and chronic diseases skyrocketed.





# SIGNS OF LOW MICROBIOME DIVERSITY

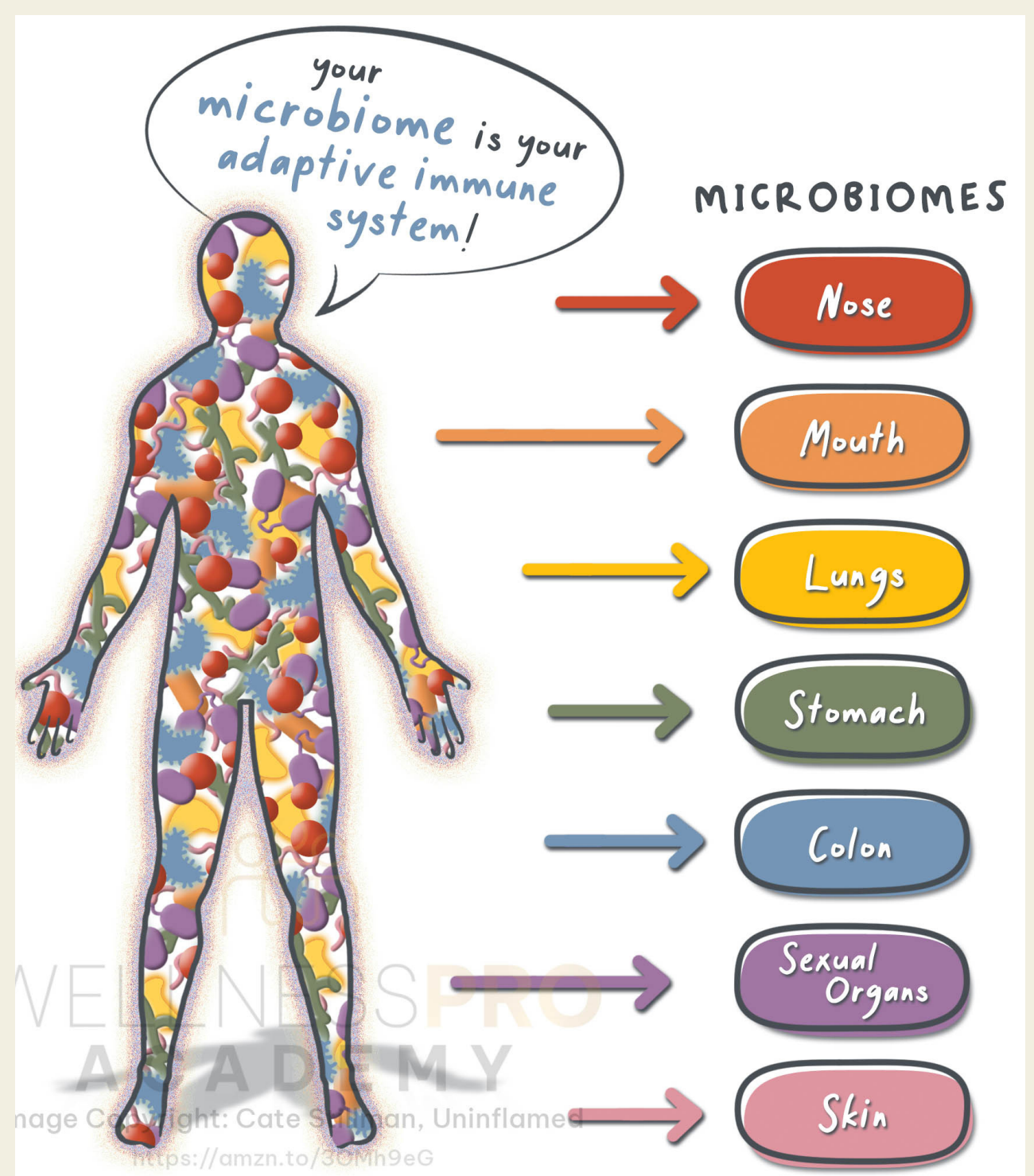
by Cate Stillman, founder of Yogahealer.com, ClubTHRIVE .global and Wellness Pro Academy

## Tally Your Symptoms

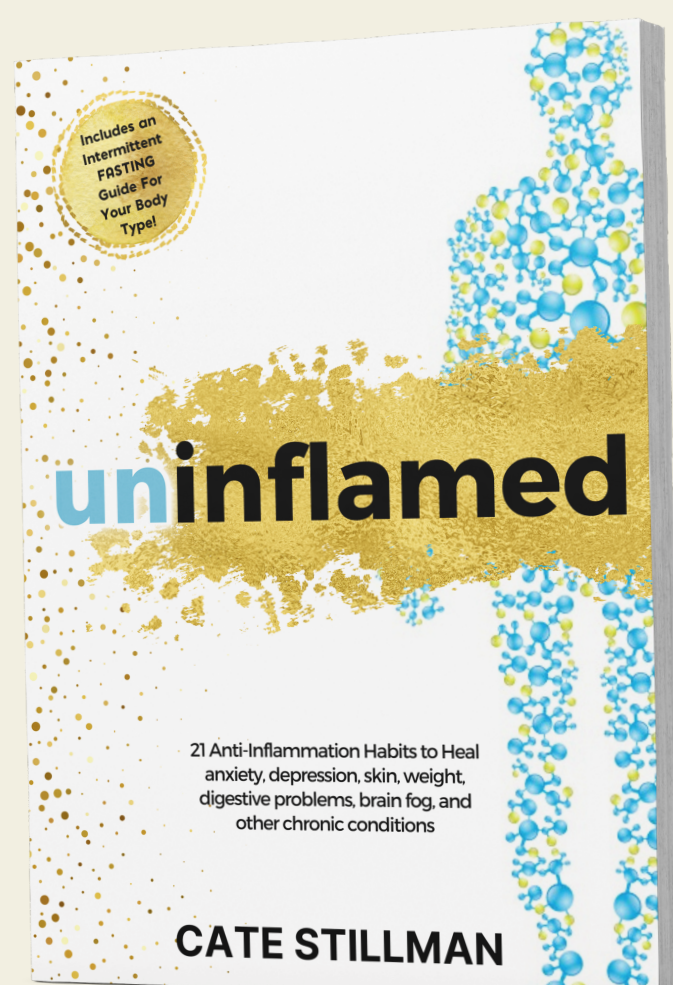
These are all symptoms of inflammation. If you have a lot, fear not! I'll walk you step by step through the habits that heal inflammation.

- Chronic low-grade stress, anxiety
- Depression, hopelessness, feeling trapped
- Irritability, frustration
- Overwhelm
- Brain fog, mental confusion, poor memory
- Difficulty making decisions, concentrating or focusing
- Poor willpower, unmotivated, low ambition
- Fatigue
- Poor sleep
- Joint pain, stiffness upon rising
- Feeling heavy, stagnant, stuck
- Poor digestion: bloating, irregular or loose stools, constipation, indigestion, bad breath, coated tongue
- Puffiness, water retention, sinus congestion
- Belly fat, cellulite, man boobs, spare tires, excess body weight
- Emotional eating: cravings for crappy foods, overeating
- Skin issues: rashes, hives, acne, psoriasis, eczema
- Allergies or asthma
- PMS, fibrocystic breasts, hard periods
- Headaches
- Susceptibility to illness, infection, or fungus
- High blood pressure
- Lack of sex drive
- Disconnect from purpose in daily life
- Unclear about purpose, direction, or strategy
- Lack of creativity and unique expression

Which of your microbiomes are sick?



Modern farming practices which destroy soil microbes and decrease our contact with soil and feces, diet and lifestyle trigger circadian rhythm disruption, which leads to LOMD, which leads to gut dysbiosis, which then generates chronic inflammation.



#1

amazon

BESTSELLER

21 ANTI-INFLAMMATORY  
PRIMAL HABITS  
TO HEAL, SLEEP BETTER,  
INTERMITTENT FAST, DETOX, LOSE  
WEIGHT, FEEL GREAT, & CRUSH YOUR  
LIFE GOALS  
WITH A KICKASS MICROBIOME

#1 in Alternative  
Holistic Medicine

#1 in Shamanism

Heal your  
**GUT**

... BECOME A  
CLUB THRIVE MEMBER

**100% MICROBIOME DIET**



It's easier to thrive with us  
at **CLUB THRIVE**

Heal your  
**BODY**

... BECOME A  
CLUB THRIVE MEMBER

led by Cate Stillman, founder of Yogahealer.com,  
WELLNESSPRO.ACADEMY, and CLUBTHRIVE.GLOBAL.

Heal your  
**BELLY FAT**

... BECOME A  
CLUB THRIVE MEMBER

### WHAT

We are a CLUB, a global online mastermind members-only club that orients towards thrive. We use core competencies in an elegant curriculum, guided by primal habits thought leader: Cate Stillman, and the wellness pro mentoring team .

Heal your  
**SOUL**

... BECOME A  
CLUB THRIVE MEMBER

### WHO

CLUB THRIVE GLOBAL is taking members who want to thrive, are ready to take responsibility for their habits, their relationships and their unique potential. We guide people to thrive in their bodies and lives.



TO HEAL AT CLUB THRIVE,  
*join our waitlist:*

[clubthrive.global/waitlist](https://clubthrive.global/waitlist)



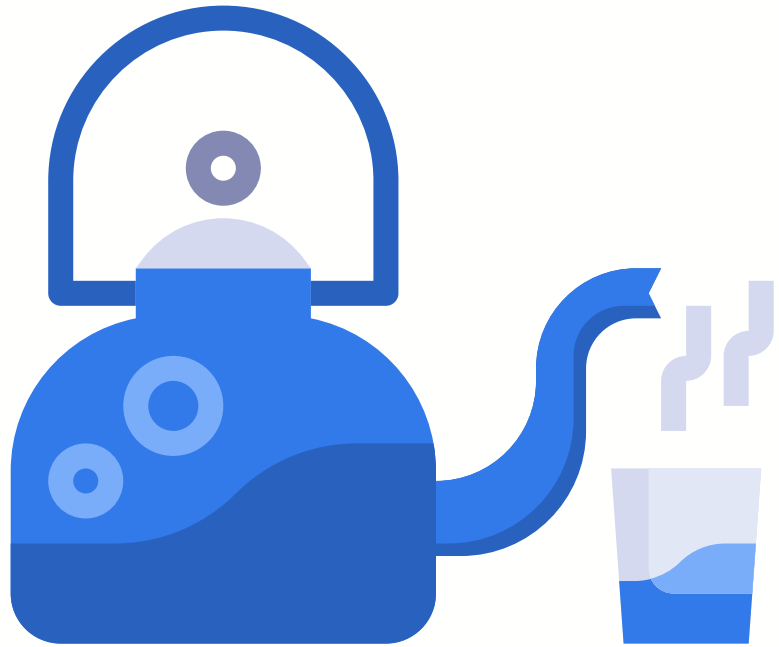
**CLUB THRIVE**  
GLOBAL

*We thrive on your success.*

a day of  
**MICROBIOME DIET**



fast for 16 hours



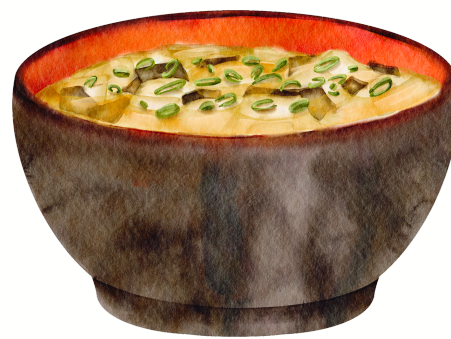
Drink hot water,  
green tea or  
black coffee  
while fasting



Break your fast  
with green juice  
or smoothie



Enjoy a big salad  
with nuts, beans,  
avocado



Remember olives and  
sauerkraut or miso  
soup!



Enjoy chili with  
sour cream



# Cate's top 10 for Microbiome Restoration

1. cow dung juice or powder (probiotic + prebiotic)
2. fermented soup (probiotic + prebiotic)
3. kimchi (probiotic + prebiotic)
4. pickled beets (probiotic + prebiotic)
5. fermented garlic juice (probiotic + prebiotic)
6. sauerkraut (probiotic + prebiotic)
7. chia pudding (prebiotic)
8. nopales cactus (prebiotic)
9. raw coconut meat (prebiotic)
10. sprouted oat granola (probiotic + prebiotic)



## Fast Fermented Fiber Soup:

- 1/2 cup sauerkraut
- 1/2 cup kimchi
- 1 tbsp. miso paste
- 1 cup bone broth
- 1 cup hot water

Mix together on stove top with your finger. Just when it gets too hot - it's ready.

