

MICROBIOME BREACH: 3 UNFRIENDLY CHEMICAL FACTORS

Life is a series of chemical reactions. Right now, multiple chemical reactions are unfolding inside your body, and not all of the chemicals involved are natural. Chemically processed food, environmental factors, and low activity levels are all to blame in adding toxic chemicals to the body that create a microbiome imbalance.



PROCESSED FOOD

61% of food purchased in American grocery stores is highly processed

Chemical Processing

Such as adding red dye and flavoring to sugar to make a lollipop. Some food chemicals are considered safe while others are harmful.



Mechanical Processing

Such as when cream is churned into butter.



Most, if not all, food is processed in some way. Mechanical processing is necessary to harvest and produce natural foods, while unsafe chemical processing is used to help businesses generate more sales.

Preservatives: Chemicals that increase a food's shelf life

Colors: Synthetic dyes that alter a food's natural color

Flavors: Chemicals that alter a food's natural flavor

Texturants: Chemicals that alter the way a food feels in your mouth

ENVIRONMENTAL FACTORS

25% of global deaths can be clearly linked to environmental factors



Air Quality



Ozone Pollution, also known as smog, traps countless hazardous materials at ground level, causing us to breathe in harmful gases emitted by tailpipes, refineries, factories, and more.



Particle Matter Pollution is microscopic dust, soot, pollen, smoke, and liquid droplet particles suspended in the air all around us.



Surface and Ground Water

- **2,000,000 TONS** of human waste is disposed of in bodies of water every day
- Both drinking and recreational waters can be contaminated with chemicals and infectious agents that cause illness



Indoor Environments

- Indoor air pollution
- Inadequate sanitation
- Lead-based paint hazards

SEDENTARY LIFESTYLE

1.5 BILLION adults worldwide aren't exercising enough



Regular exercise prompts a number of chemical reactions to occur within the body that are essential to microbiome health.



A study published in *Gut* showed that male professional athletes have more microbe diversity in their guts compared to men who participate in little to no physical activity.

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SYNERGY
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