

gut feelings

Everyday there is yet another story in the news about dangerous bacteria...

E. coli: Oh No!!

people telephone

it's true that many bacteria - tiny single-celled creatures - can make people sick...

BUT!

it is also true that we intimately depend on them throughout our lives!

So enjoy the company of all the helpful friends you live with, right in your own belly & skin. Eat some yogurt and add some new "lactobacillus" to the mix! These kind of "probiotics" add to the ecology inside you & to your health!

Small Science Collective
<http://smallsciencezine.blogspot.com>
 visit us!

We are a minority in our own body! Each of us is really a "superorganism" made up of many different species.

Bacteria's "small" cells actually outnumber our own human cells by **10 to 1!**

These bacteria are "SYMBIOTIC" with us:

We give them food & shelter... and they help us digest food, provide us vitamins, & help our immune systems as babies.

win-win!

Indeed: about **500** different kinds of bacteria inside us!!

Soon after we are BORN, bacteria begin to make a home inside your gut by the millions!

We call this your "intestinal flora"

ON your skin too!