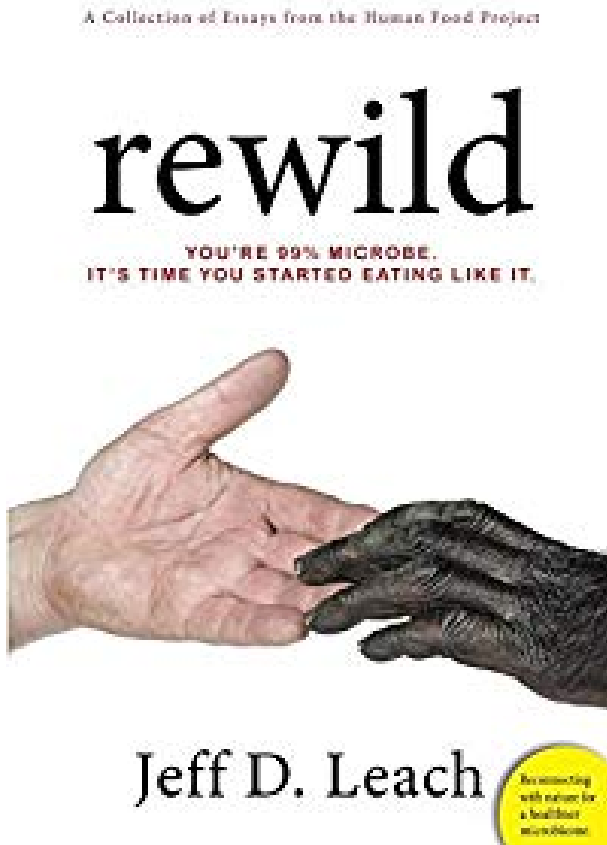


Rewild

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Our understanding of what makes us sick has changed dramatically in the last few years - mainly due to advances in metagenomic sciences and computing power. It seems the trillions of tiny little microbes living on and inside our body have a great deal to do with our health. The good news is that through diet and other lifestyle decisions, you may be able to nudge your gut microbes in a direction for optimal health.