

There's no one-size-fits-all, your body is more of a conversation than a formula. Balance isn't built through control, but through noticing, *adjusting*, and returning to what feels supportive.

KEEP THE BALANCE



- FIBER FROM PLANTS
 - WATER TO KEEP THINGS MOVING
 - REST FOR GUT AND NERVOUS SYSTEM
 - LAUGHTER TO RESET THE VAGUS
 - MOVEMENT FOR GOOD CHEMISTRY
 - TIME OUTDOORS TO MEET NEW MICROBES
 - DARK CHOCOLATE IN MODERATION
 - FERMENTED FOODS, INTRODUCED SLOWLY
- Small inputs, repeated often make the biggest difference.

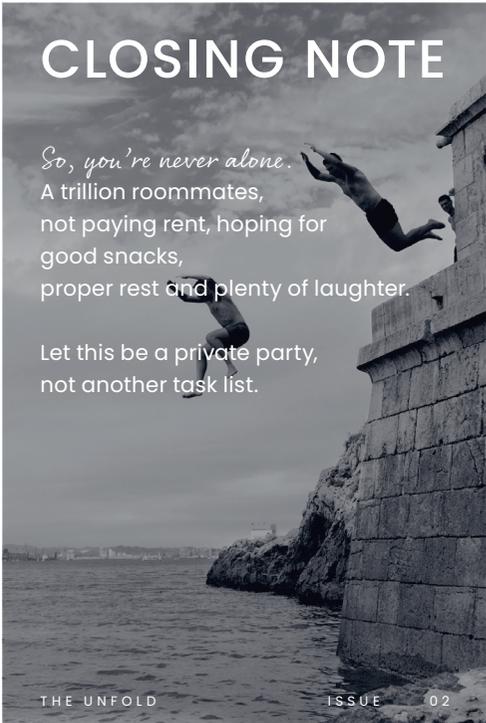
BETTER HABITS

Stress, sugar, antibiotics, lack of rest, sterile spaces — *they all shift the inner crowd.* And when your gut's off, you're off too — foggy focus, flat mood, restless sleep, digestive chaos, subtle unease.

THE DISTURBANCE

Your microbes are in constant conversation with what you eat, touch, breathe, and kiss. Every bite, surface, and breath feeds the mix. *You're basically making out with the world, one microbe at a time.*

THE EXCHANGE



CLOSING NOTE

So, you're never alone. A trillion roommates, not paying rent, hoping for good snacks, proper rest and plenty of laughter. Let this be a private party, not another task list.



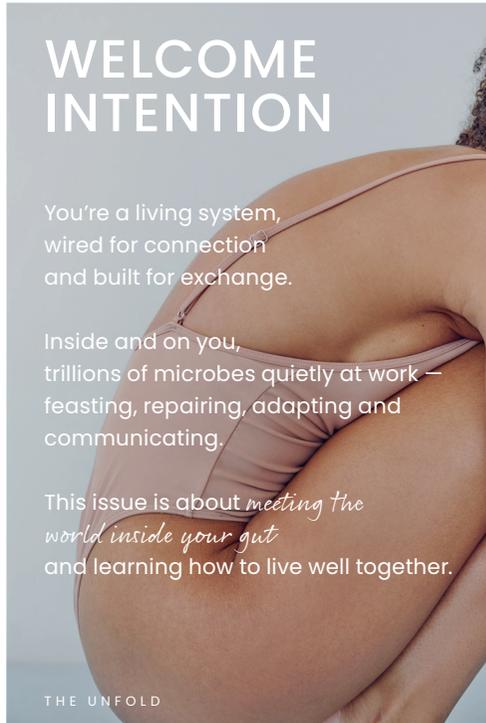
THE UNFOLD

ISSUE 02

A Trillion Roommates

An entire ecosystem living rent-free.

GUT FEELING *Society*



WELCOME INTENTION

You're a living system, wired for connection and built for exchange.

Inside and on you, trillions of microbes quietly at work — feasting, repairing, adapting and communicating.

This issue is about *meeting the world inside your gut* and learning how to live well together.

MICROBIOME, WHO?

Your gut microbiome is *your internal landscape* — a microscopic city of bacteria, fungi, and friends shaping digestion, immunity, and mood.

When diversity drops, the balance tilts, and your whole system starts to play off-key.