

Gesundheit beginnt im Boden

Warum die Gesundheit allen Lebens von winzigen Mikroben abhängt



Boden

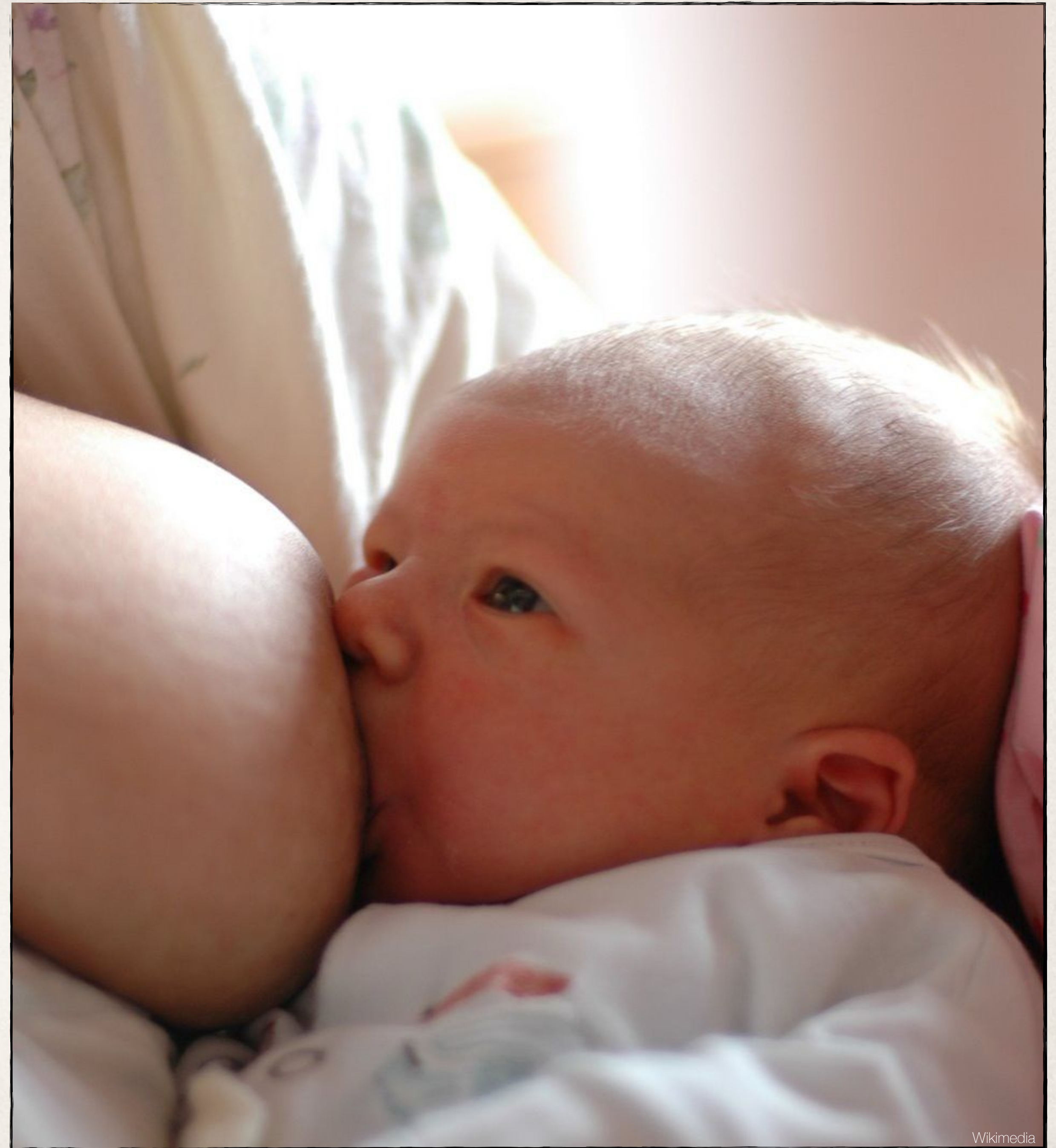
Pflanze

Tier

Mensch



Pixabay



Wikimedia



~1860

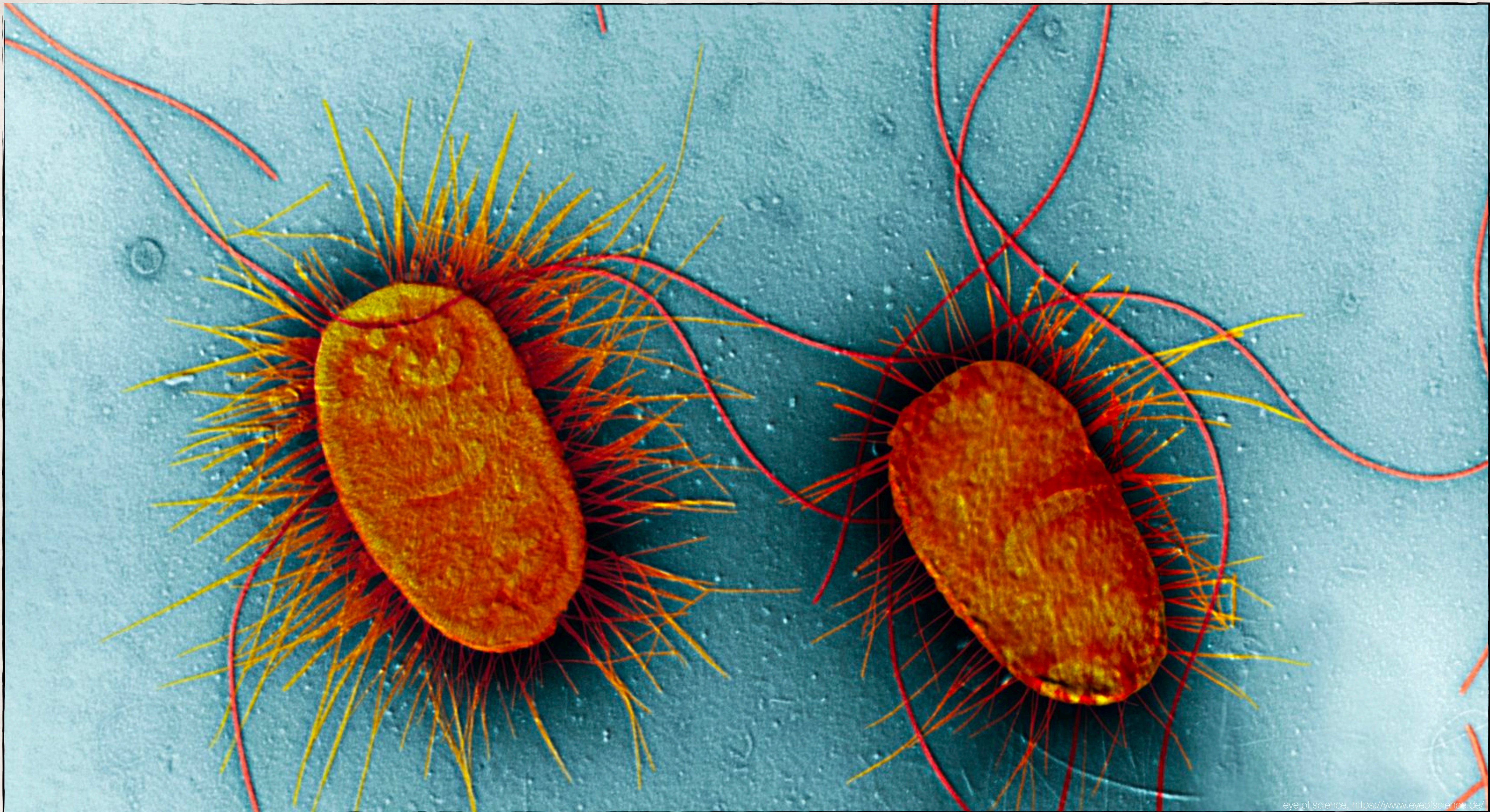
Milzbrand
Cholera
Tollwut
Tuberkulose

Louis Pasteur

KI verändert

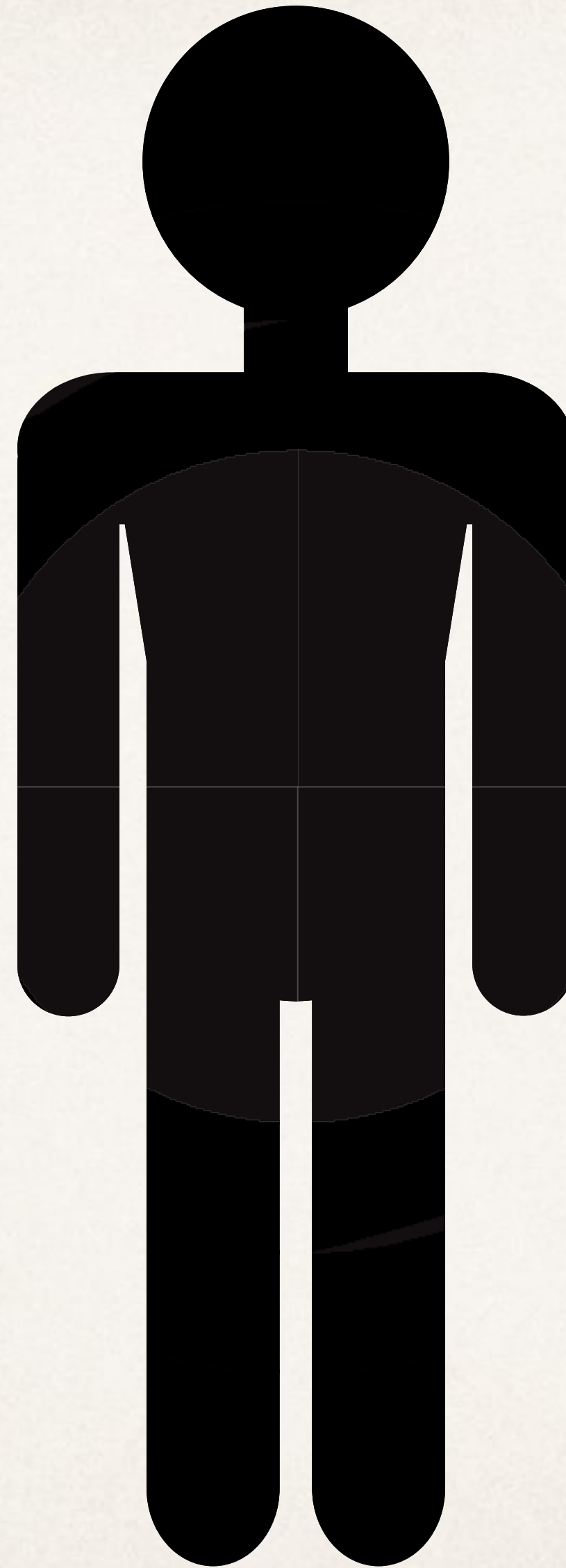
Robert Koch

KI verändert



30 Billionen Zellen

menschlich



30 Billionen Zellen

menschlich



38 Billionen Zellen

bakteriell

30 Billionen Zellen

menshlich

20.000 Gene



38 Billionen Zellen

bakteriell

30 Billionen Zellen

menshlich

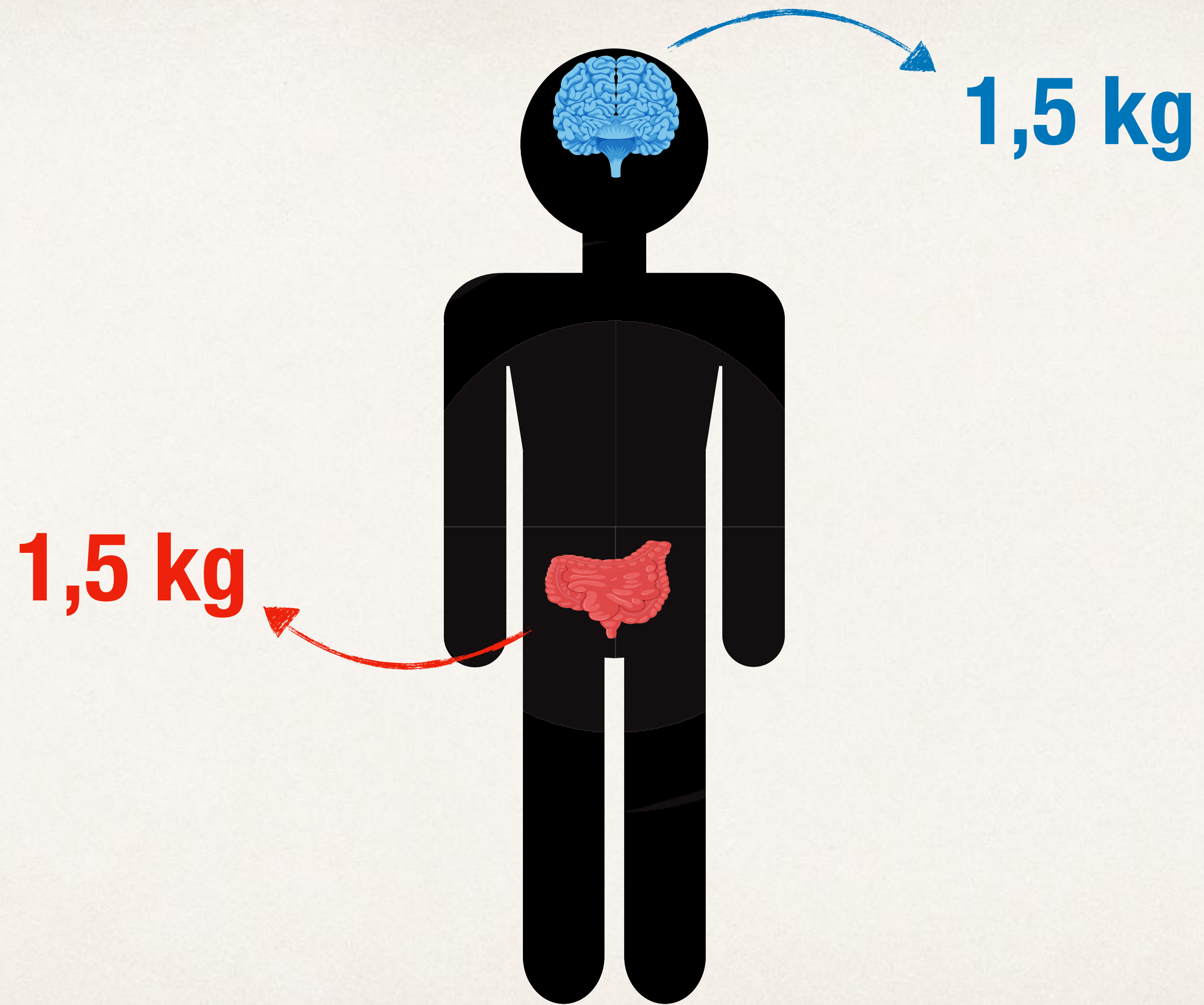
20.000 Gene



38 Billionen Zellen

bakteriell

> 1.000.000 Gene



30 Billionen Zellen

menschlich

38 Billionen Zellen

bakteriell

100 Milliarden Bakterien
Gramm



kurzkettige Fettsäuren

Vitamine



Neurotransmitter

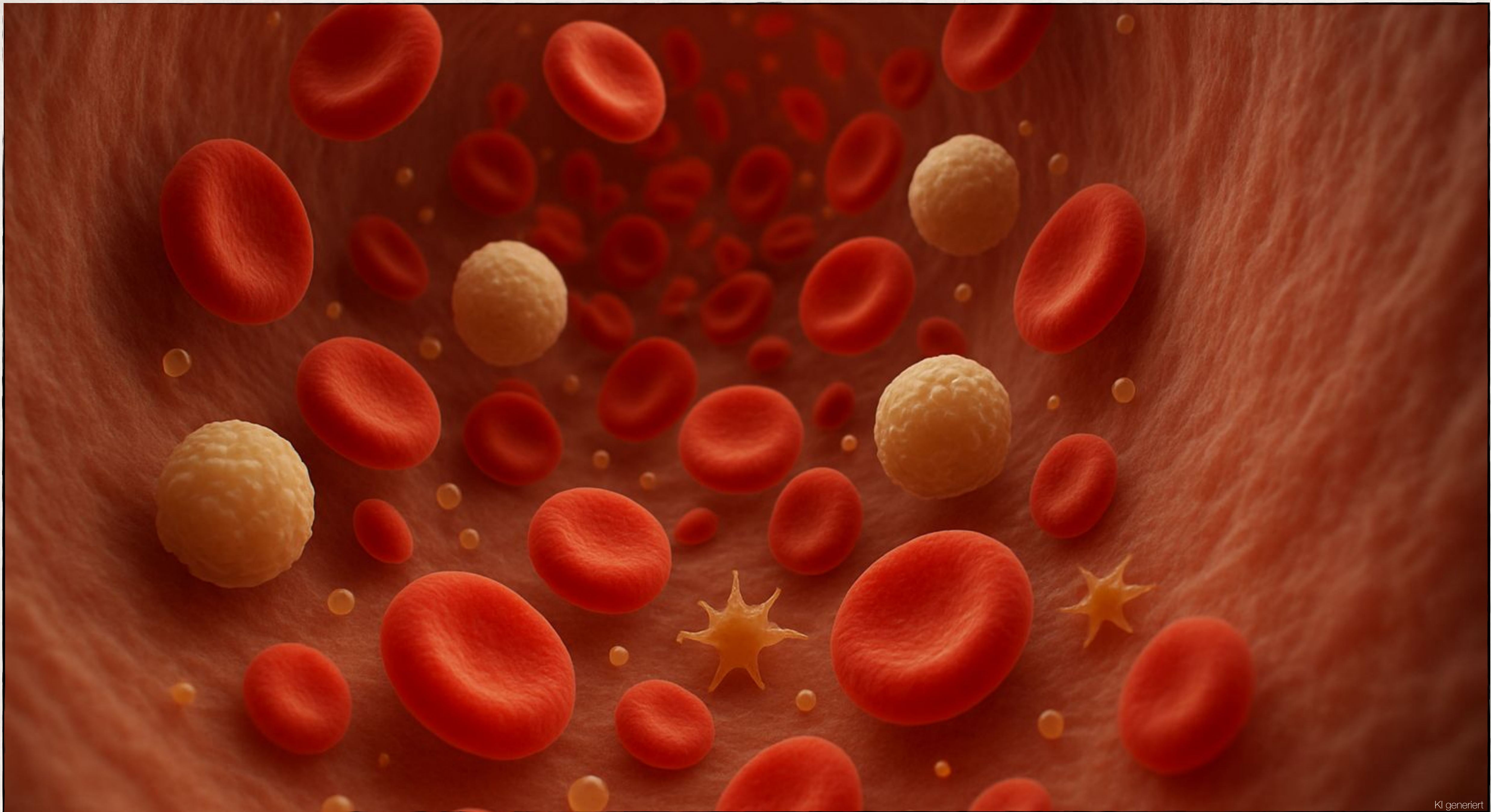
Hormone

Melatonin

Dopamin

Oxytozin

Serotonin



KI generiert

1.000

in/auf der Haut

600

im Mund, Rachen und
Atemwegssystem

25

im Magen

500-1000

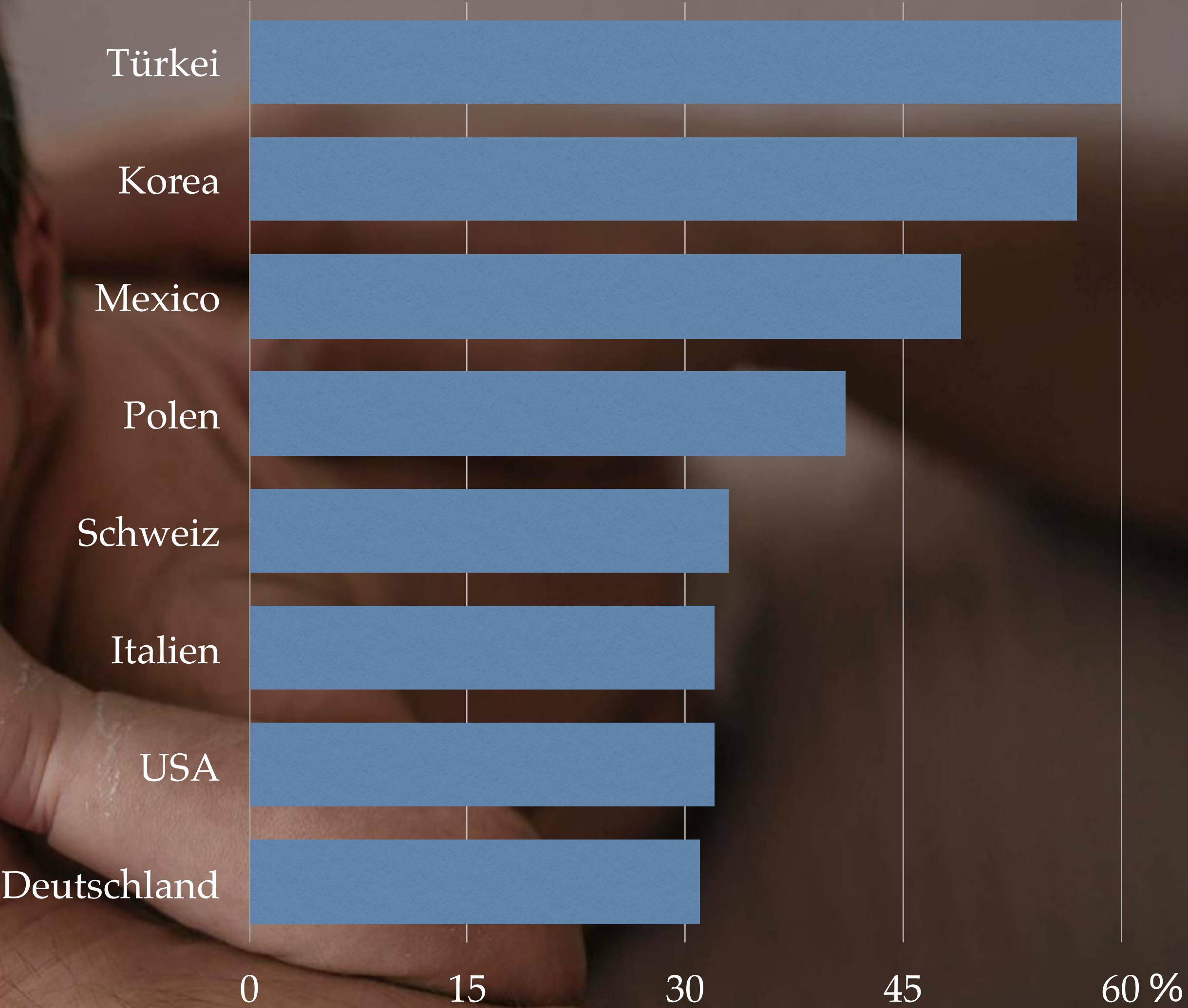
im Darm

Das menschliche Mikrobiom





Kaiserschnitt-Raten (2024)



<https://www.pexels.com/photo/peaceful-newborn-baby-sleeping-in-gentle-hands-30654880/>



https://commons.wikimedia.org/wiki/File:Breastfeeding_a_baby.JPG



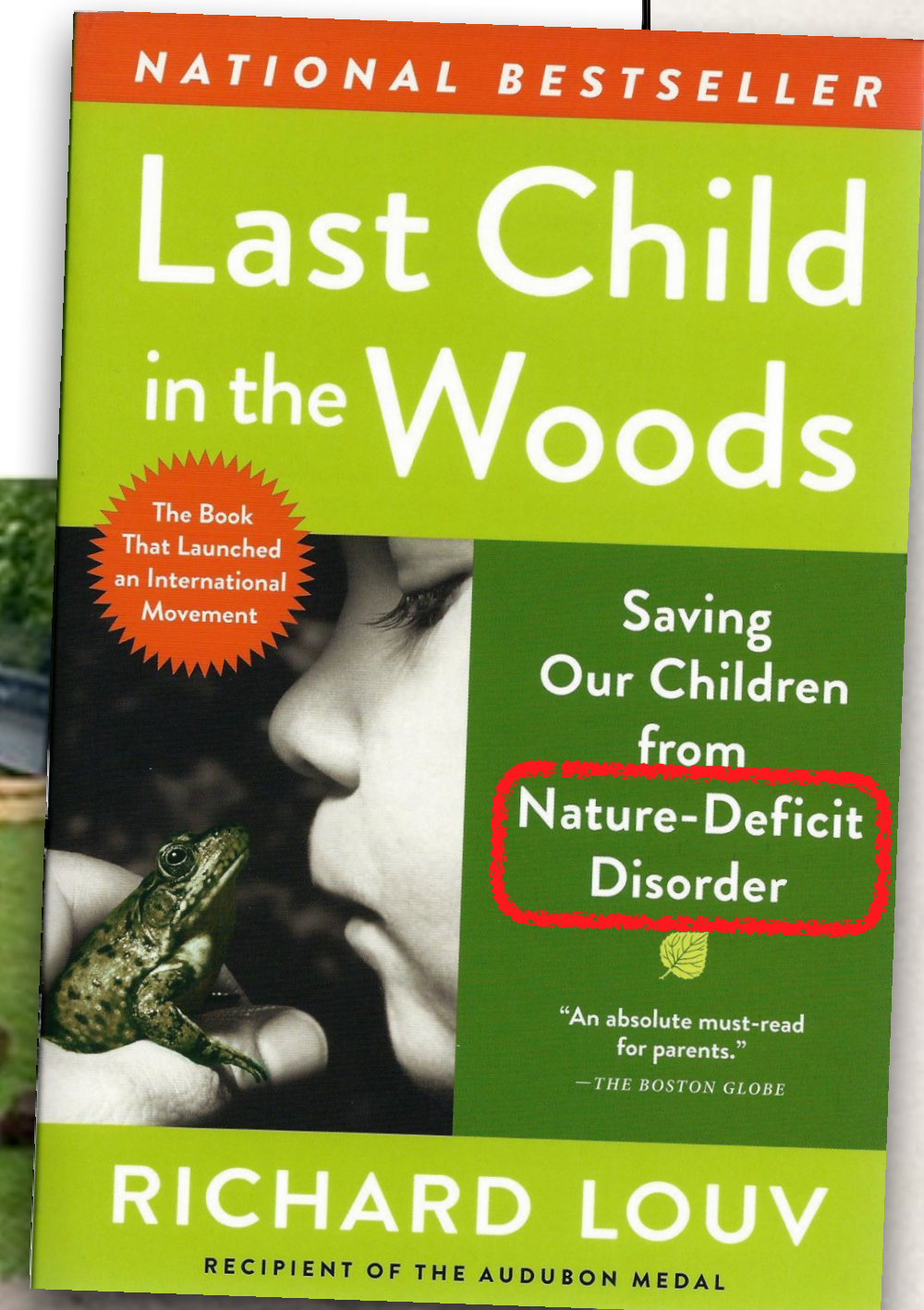
Kontakt zur Natur

Biodiversity intervention enhances immune regulation and health-associated commensal microbiota among daycare children

 Marja I. Roslund¹,  Riikka Puhakka¹,  Mira Grönroos¹,  Noora Nurminen²,  Sami Oikarinen²,  Ahmad M. Gazali^{3,*}

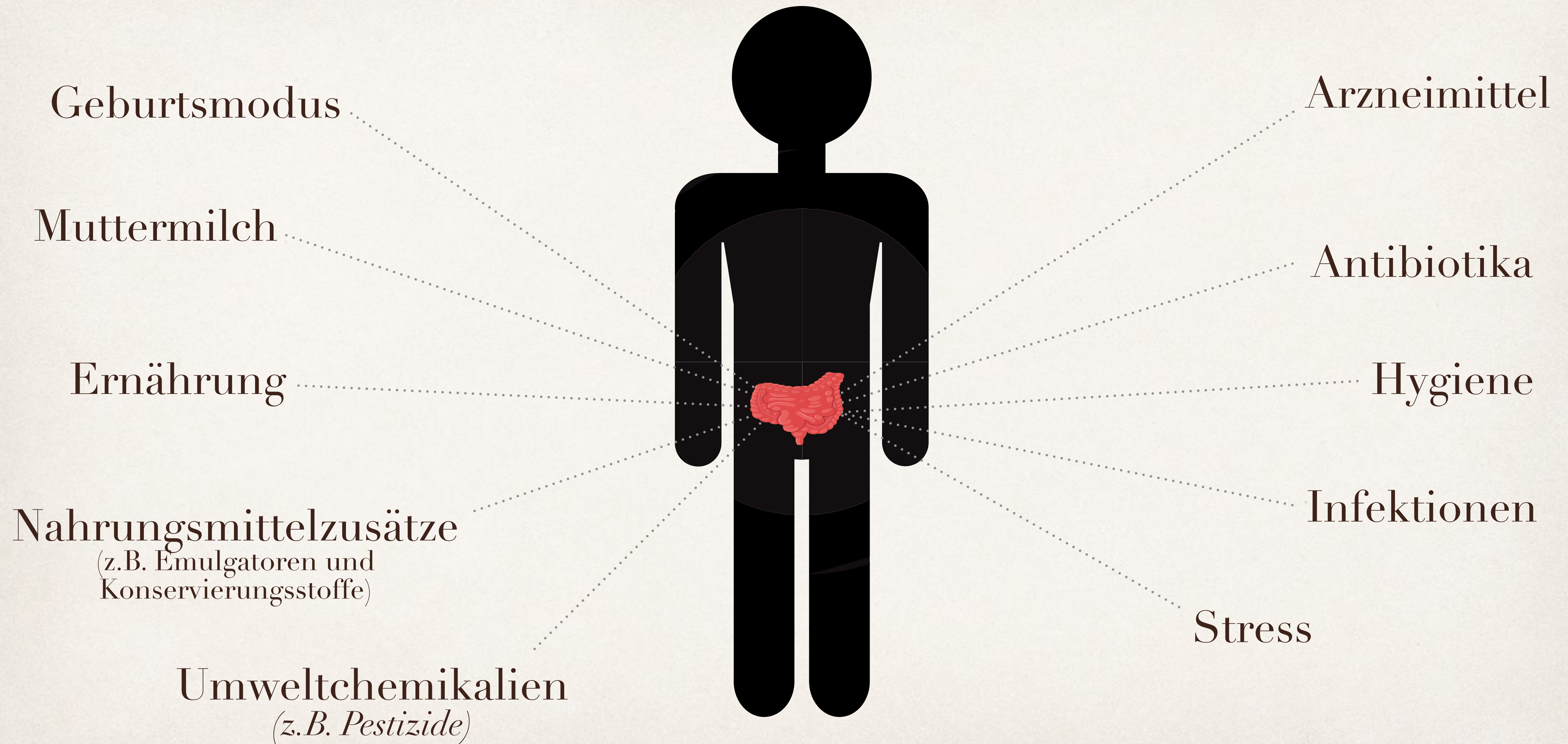
+ See all authors and affiliations

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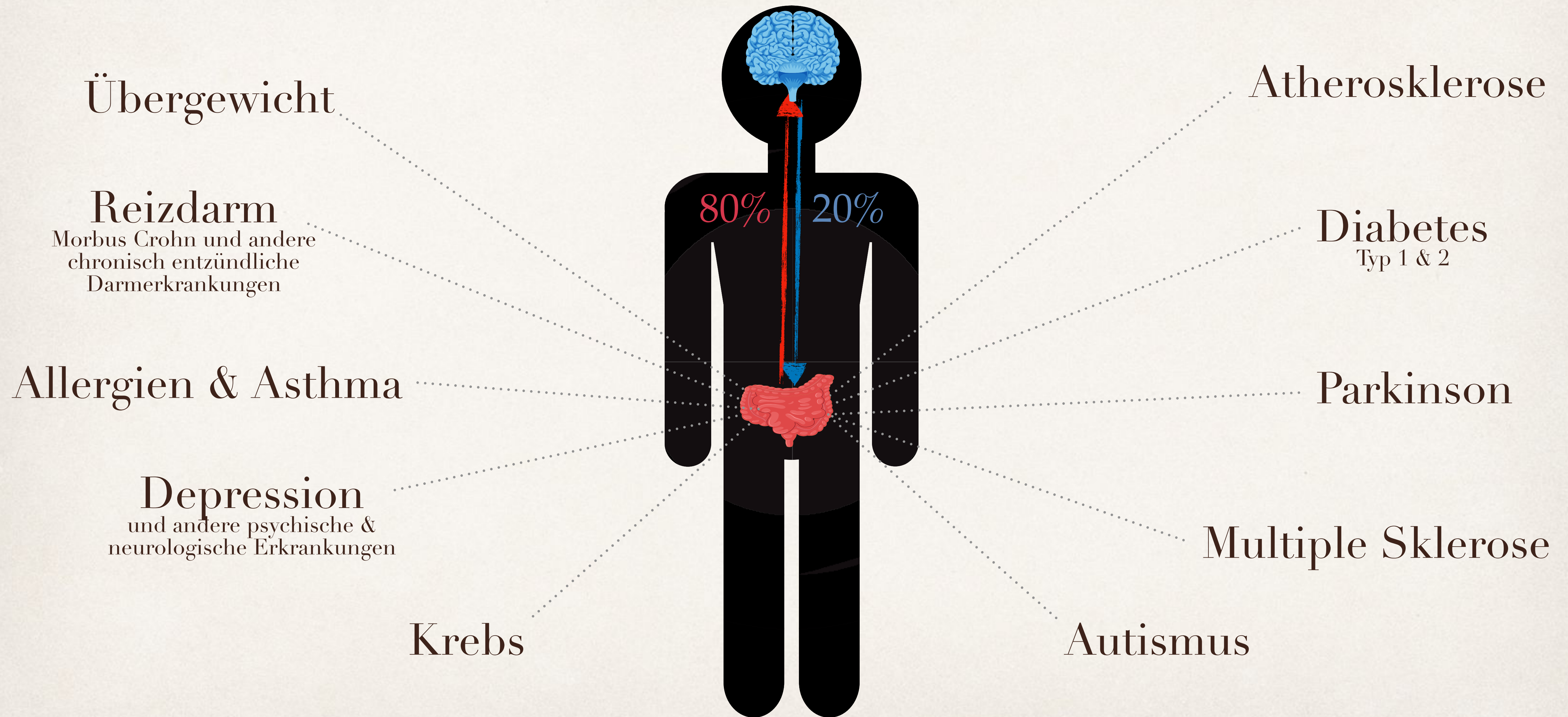


AdobeStock



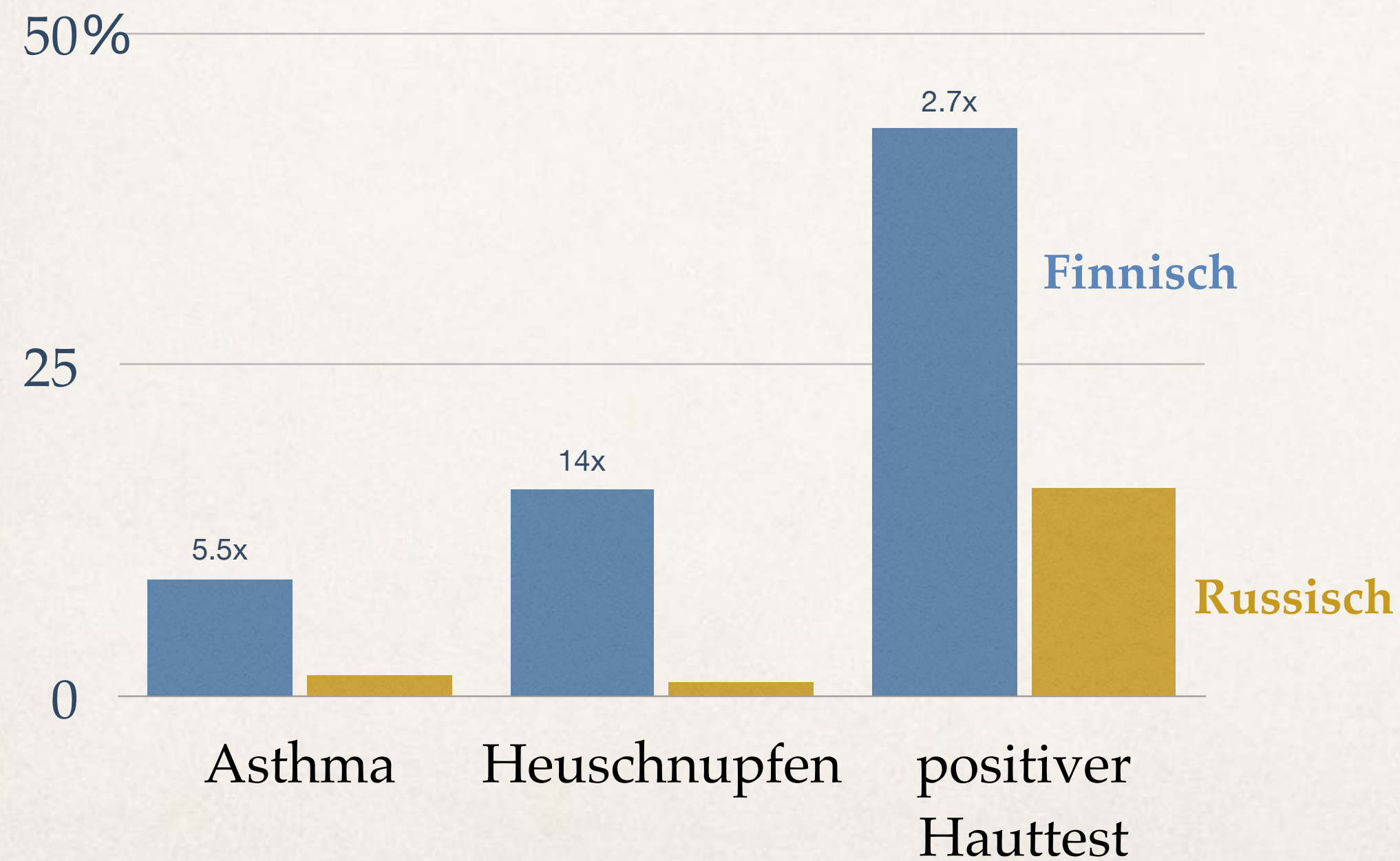


Darm-Hirn-Achse

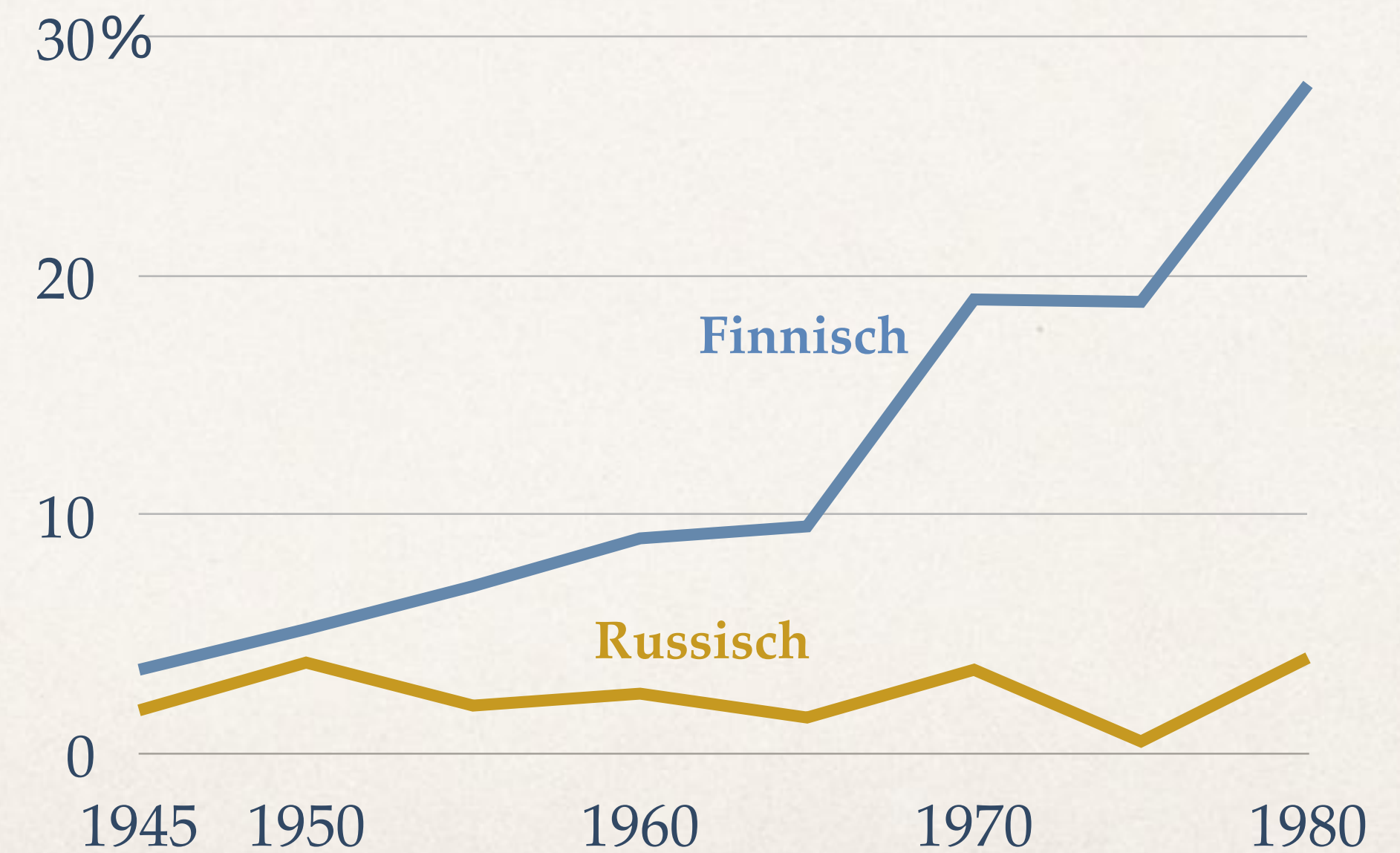




Schulkinder 7-16 Jahre



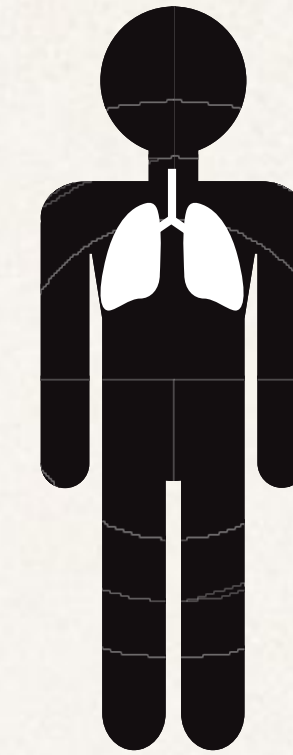
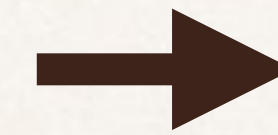
Erwachsene mit Sensibilisierung auf Birkenpollen



Amish



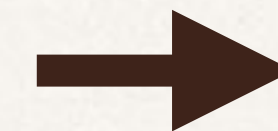
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Hutterer

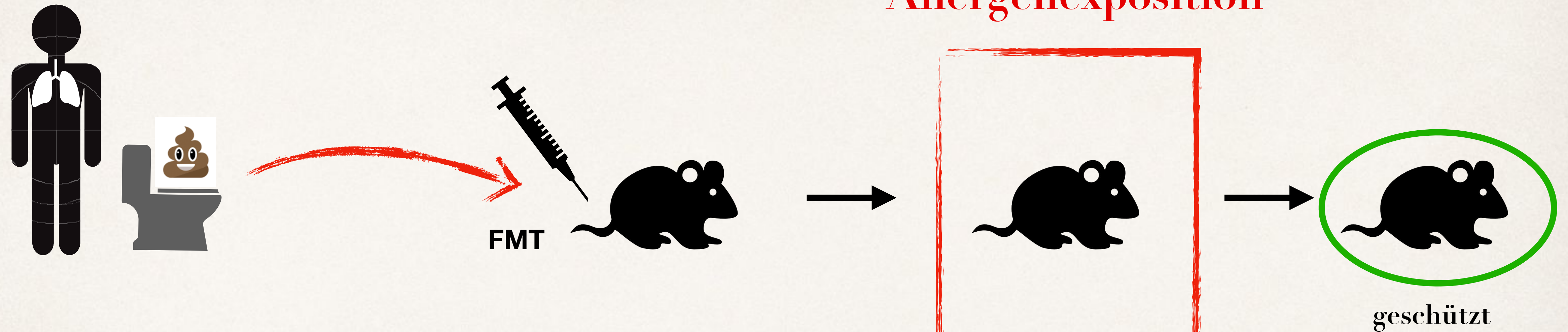


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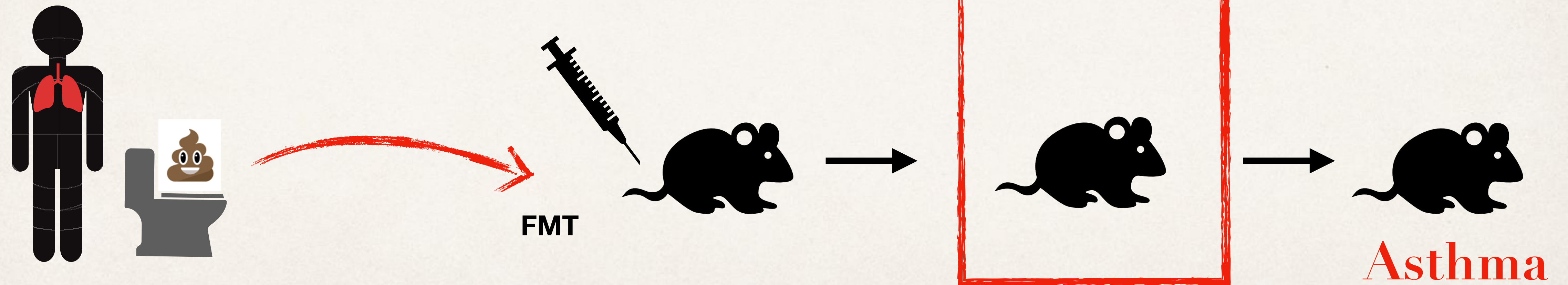


Asthma

Amish



Hutterer





Fazit



Regenerative Bio-
Landwirtschaft



Präbiotika



Probiotika



Soziales
Miteinander



Natur



Naturheilkunde

THE WEB OF LIFE:

Everything is Connected



Stefan Schwarzer

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