

Don't mean to bug you

But your home is full of bacteria



EAT WELL AND THRIVE
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DID you know the average home consists of roughly 8000 different types of bacteria?

Most of us spend countless hours and money worrying about how to kill these with anti-bacterial sprays, wipes, lotions and gels due to clever marketing but guess what? The majority of these guys are actually protective to your immune system and are healthy, not harmful, so in our bid to be super clean, we are actually compromising our health.

"When most people think of bacteria they automatically think of germs and infection, but not all bacteria are bad," says Michelle Perkins, director of Probiotic Solutions, a new organic cleaning company.

"Popular cleaning products operate on a scorched-earth policy,

targeting 99.9% of bacteria. They kill most germs on the surface they're applied to, but they only work while the surface is wet. Once the

surface is dry, the airborne harmful bacteria you're trying to remove returns," Mrs Perkins said.

Australian health and wellness expert Dr Jeremy Princi, who believes the

human body is home to a diverse set of micro-organisms that live not only inside us but also on our skin, says: "We all should have a good balance of these healthy bugs and

not so healthy bugs. When this is out of balance we are potentially more prone to systemic conditions and skin-related health issues."

It makes the use of strong chemical killing agents, which we know not only can be abrasive to surfaces, but that can also trigger many allergic and chemical reactions in children's and adults from asthma to eczema, no longer seem rational.

So, instead, why not use an organic cleaning product, or one which contains friendly bacteria to overcrowd the harmful guys, and increase the ability of your family to fight off infection and disease, all while you clean?

With one of my main research areas being in the fields of bacteria and

inflammation, this makes a lot of sense.

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PARSLEY TEA

This is a great, gentle and effective tea for fluid retention problems. Take 1 bunch of parsley, rinse and chop stalks off. Place in a teapot and cover with boiling water. Let steep for 10 or more minutes and drink 1-2 cups a day.