

好的腸相和不好的腸相

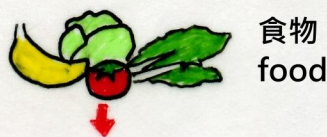
Good and bad gut

益生菌多的腸子

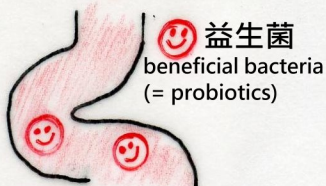
有害菌多的腸子

gut with plenty beneficial bacteria

gut with plenty virulent bacteria



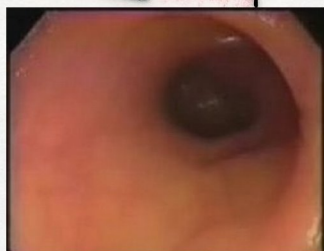
食物
food



😊 益生菌
beneficial bacteria
(= probiotics)



😈 有害菌
virulent bacteria

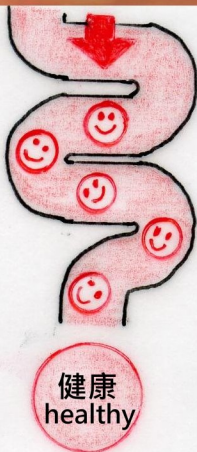


好的腸相
good gut



不好的腸相
bad gut

清潔的血液
clean blood



健康
healthy

污濁的血液
dirty blood



疾病、癌
disease, cancer

腸內狀態良好(益生菌多的腸子)

--> 好的腸相 --> 清潔的血液

--> 健康

gut with plenty beneficial bacteria

--> good gut --> clean blood

--> healthy

腸內狀態不好(有害菌多的腸子)

--> 不好的腸相 --> 污濁的血液

--> 會引發疾病、癌

gut with plenty virulent bacteria

--> bad gut --> dirty blood

--> lead to disease and cancer