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HEALTH & WELLNESS

## Occupy Health: with Susan Downs, MD

*What's Real and what is not*



**Occupy Health**  
**Friday at 11 AM Pacific**  
**September 29th 2017: Soil biodiversity: key to a health**

The phytobiome, the environment including soil organisms and its link to plants, is a new area of research. The phytobiome has indirect and direct connections to gut health, a healthy microbiome, and over all health. Soil organisms have an impact on human gut microbes which are essential for human health. With current farming practices, the soil nutrients have been depleted leading to less nutritious food. Dr. Ash discusses how a healthy phytobiome affects health and how healthy fertilizers can increase soil biodiversity, plant diversity and have many benefits to health.

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### Featured Guest



#### Michael Ash DO, ND, BSc(Hons) RNT

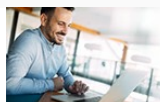
Michael Ash DO, ND, BSc(Hons) RNT is an osteopath and naturopath, who built one of the largest Integrative Medicine Clinics in the southwest of England.

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