

100 Trillion Friends to Call Your Own

Gut Bacteria Rap by Beverly Thomassian, RN, MPH, CDE, BC-ADM to the tune "Yeah" in the style of Usher.

From the way back when, to current time
man and bacteria have been intertwined.

Start with your head, it's a happening place,
there's staphylococcus all over your face.

Next up is gums, teeth and mouth,
You'll find streptococcus inside and out!

Now to your stomach, to keep the pH,
H. pylori is on the case!

Inside your intestines, 30 feet of tube,
Three pounds of bacteria digesting your food.

From Bacteroidetes to keep you lean,
to firmicutes, a junk food digesting machine!

Prevotella another bug on the scene,
breaks down fiber, veggies and beans!

Lactobacillus is a newborn's friend,
lining birth canal from tip to end.

Down to your feet, in-between the toes,
that's where lots of pseudomonas grows!

Short chain fatty acids, you wanna keep them around
Protects your gut mucous lining from breakin' down

So here's my message, always nourish your gut
Fresh fruit, grains, veggies, beans and nuts

More kefir, miso, sauerkraut, kimchi
Less sugar and fast foods keep away disease

Breast feed, get dirty, limit antibiotic use
Let newborns come out through the natural shoot

Be reassured that you're never alone
You've got 100 trillion friends to call your own!

