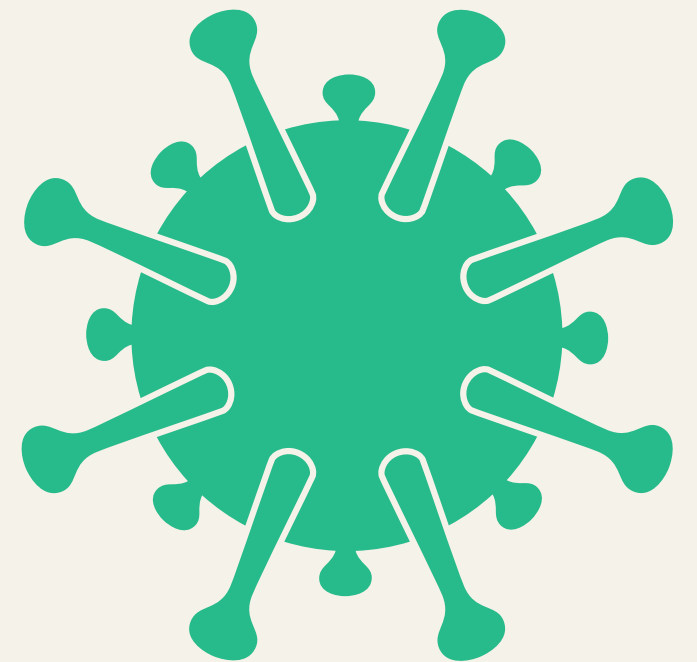
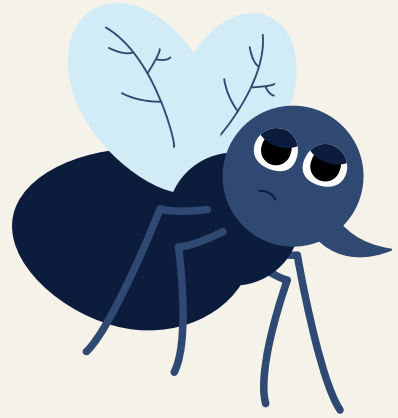


Who rules the world - us or the bacteria?

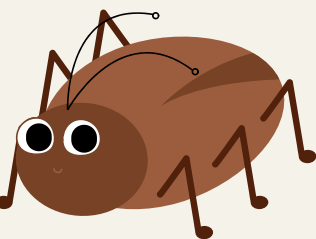
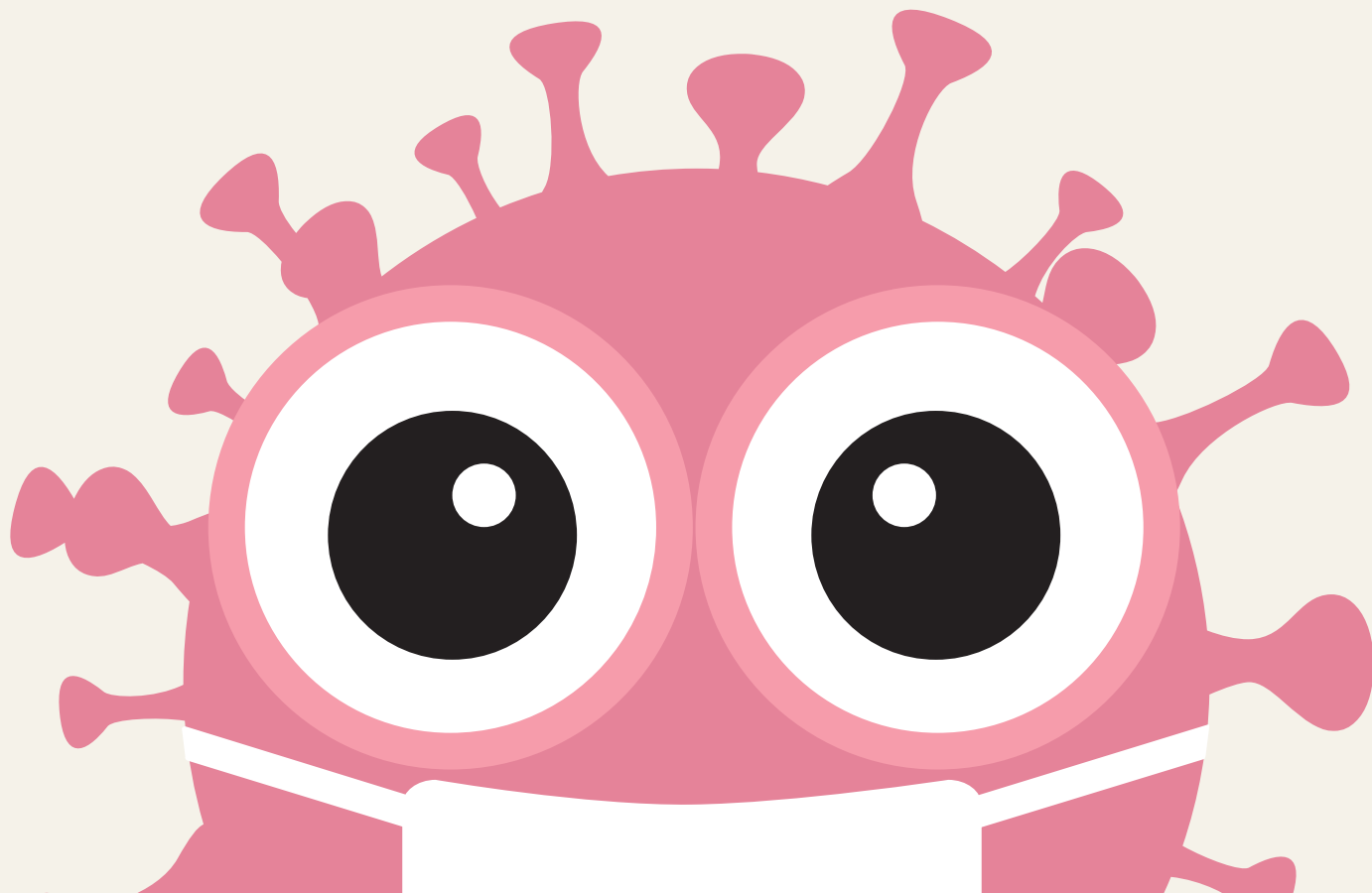
Elen Esayan



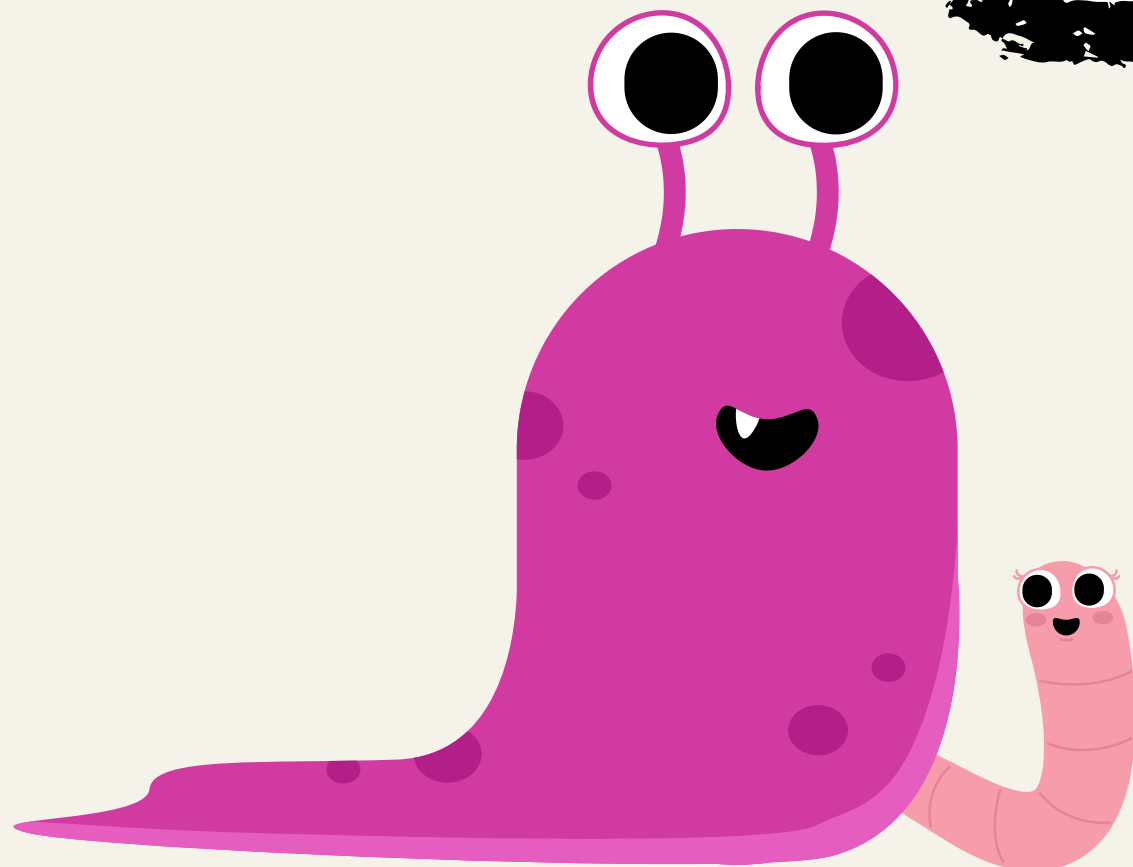
If you look at the Earth from space, we humans will not be visible. Earth appears from space as a round bright spot against the background of other bright spots in dark gray space. If we approach him, we will see that people live in different conditions.



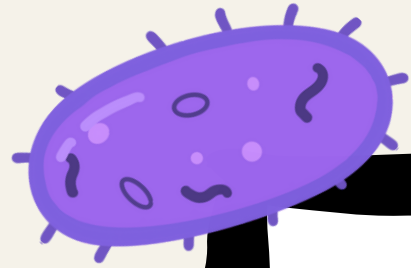
Looking closely at the person, one can see that each individual person is also kind of space. The forehead is a small air glade, elbow joint-dry wasteland, eyes-salt lakes, intestines-a huge forest. Same way how we humans inhabit the planet, other creatures inhabit our body. Under the microscope of our internal inhabitants, bacteria, can be well discern. They also look small glowing dots on a dark gray background..



Since 2007, scientists have been working on creating a map of bacterial colonization in the human body. For this, a large number of people swabs were taken from various body places. Intestine by number and species composition bacteria, of course, occupies a leading position. By the way, in organs that to this day were considered sterile, for example, the lungs, they also found various microorganisms. All representatives of the intestinal microflora weigh up to 2 kg in total, and the number of microorganisms is about 1000 billion. Just imagine to yourself: we are only 10% human, the rest is germs!




About cleanliness and good bacteria

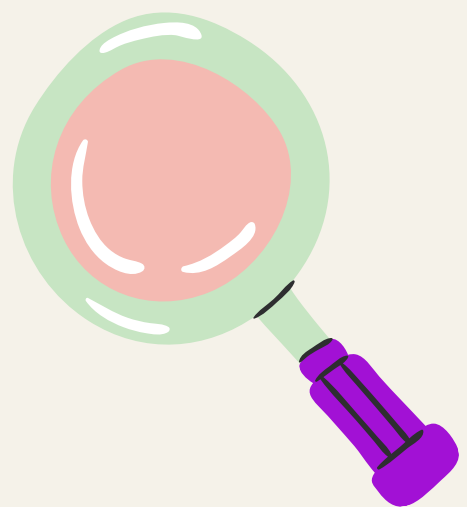


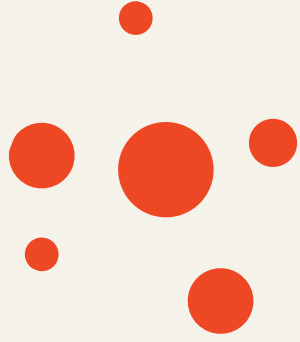
We want to protect ourselves from bacteria by carefully maintaining our body hygiene. Purity delights, and its sensation begins with the head. Peppermint freshens breath washed glasses, absolutely transparent, please the eye, and take a shower before going to bed and going into pure pastel is just great! We love the smell and the look purity. We relax from the knowledge that our apartment has been cleaned. disinfectants and we are protected from possible bacteria. We are buying various disinfectants to eliminate even invisible dirt to the human eye. The surface after cleaning looks the same as before, but we are sure that the effect is worth the money spent on the cleaning agent. If necessary strive for total purity? With panic fear, pick up some disgusting people tend to wash everything and destroy everything. However, we do not know exactly what Exactly, but we mean the worst. As a result, we really wash everything: both good and bad. This kind of purity is not exactly what we need.





The more sterile each individual apartment, the more likely to develop allergies and wound diseases within families. 30 years ago allergic to a particular allergen was registered with every tenth, today every third. But the frequency of diagnosed infections has not decreased. Research results provide the basis for new concept of purity. At the same time, it is not about destruction of everything dangerous. Over 95% of the bacteria on this planet pose no danger to humans. Furthermore, many of them even help us. Cleanliness is not always exactly what we think. The purpose of cleaning is to reduce the number of bacteria living in the room, and not completely destroy them. After all, bad bacteria are good trainers of our immunity.





Thanks for attention!

