

The Skin

MICROBIOME

The skin is the **largest organ** in our body and is our first line of defence against the outside world



The human skin microbiome is home to trillions of good bacteria- like a defence force guarding & protecting us from infection & disease.



Our skin bacteria can produce bacteriocins which are **small proteins that are like natural antibiotics** and kill bad bacteria.



We can harvest **natural alternatives to antibiotics** for example bacteriocins, to mitigate the threat posed by **antimicrobial resistance**



Your gut microbiota begins to develop the moment you are born when you are coated by your mothers microbes. The microbes you are coated with varies whether you are born via the birth canal or via C-section

