

# Whole Cycle Tuesday

## Is eating “healthy” enough?

We often hear that a healthy diet supports a healthy gut—but what about the soil our food comes from? The health of the soil plays a key role in the nutrients and beneficial microbes we get from our food.

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*"The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share."* — Lady Bird Johnson

## Healthy Soil, Healthy Gut: The Hidden Connection

### The Microbial Link

Healthy soil is rich in microbes that help plants grow stronger and more nutritious. When we eat fresh, whole foods grown in this kind of soil, we also benefit from the microbes, which can help support gut health, digestion, and immunity.

### What's Changed?

The need to feed growing populations along with the invent of modern farming techniques—like heavy tillage and excessive chemical use to replace nutrients missing from the soil as well as protect crops for pests, fungi and weed encroachment—have reduced the microbial diversity in many soils. That means our food may have fewer nutrients and less microbial support than it once did.

### How do we help our soils?

Microbes break down organic matter, releasing essential nutrients and creating a thriving ecosystem around plant roots. As plants absorb these nutrients, they become more nutrient-dense and resilient, often containing higher levels of vitamins, minerals, and phytochemicals that support human digestion and overall wellness of both humans and plants.

When we consume fruits and vegetables grown in microbially rich soil, we're not just getting better nutrition—we're also exposed to a greater diversity of environmental microbes. These natural microbes may help diversify our own gut microbiome

### How to Reconnect

Choosing food from soil conscious or regenerative farms, eating a wide variety of fruits and vegetables, or growing some of your own produce can help. Supporting healthy soil is one more way to support a healthy gut—and a healthier you.

