

Normal Biodiversity

Understanding Our Body's Need for Bacteria, Viruses, and Moulds

Our planet teems with bacteria, viruses, and moulds, elements that are not just prevalent but essential for our bodies to thrive. Remarkably, the human body houses a quantity of bacteria and viruses equivalent to its own size, underscoring the crucial role these microorganisms play in our health. Far from being mere passengers, these microbes are vital, acting as hosts within us. The key lies not in their presence but in their impact on our well-being. A common instance illustrating this is the health risk posed by not washing hands post-restroom use, showcasing how bacteria beneficial in one context can become harmful in another.

The crux of the matter lies in exposure and the type of microorganisms we encounter. In scenarios like water damage and mould, our body's immune response and microbiome—the collective of microorganisms within us—face disruption, leading to an imbalance. This differentiation between the microbiome and microbiota is critical, guiding the interventions of Indoor Environmental Professionals (IEPs) in buildings and those of functional medicine or nutrition experts in addressing gut and immune system health.

While viruses and bacteria form an integral part of our bodily ecosystem, mould stands out as a bacteria antagonist. Notably, penicillium, a mould, is celebrated for its bacteria-battling properties, leading to the development of antibiotics. Similarly, the pharmaceutical industry leverages the bacterium *Streptomyces* to combat mould or fungal infections. This intricate interplay highlights the importance of maintaining a balanced and healthy microbiome within our living spaces, as it mirrors and influences our physical health.

How Building Forensics Can Elevate Your Health

Building Forensics as IEPs specializes in examining properties where occupants experience health issues, including Chronic Inflammatory Response Syndrome (CIRS) or other inflammatory conditions. Such conditions necessitate the expertise of specialist doctors, functional medicine practitioners, or qualified nutritionists, especially when prolonged treatments yield no significant improvement. Our investigations aim to uncover and address environmental factors contributing to poor health, ensuring your living space supports your well-being.

The main question of course what is normal biome, and the answer is data? This data can be from simple comparison to known parameters or areas of concern.

Written Jeff Charlton