

# SYNOPSIS



## The Silver Bullet Microbiome - Little Helper, Big Impact

### Wunderwaffe Mikrobiom - Kleine Helfer, große Wirkung

More microorganisms live in and on our bodies than our bodies have cells. Bacteria, fungi and viruses form our microbiome and its condition is crucial to our health. Our «lodgers» are responsible for a large part of our immune defences, protect our skin and communicate with the brain, but above all, as what are known as «intestinal flora», they facilitate our metabolism.

**Year:** 2017

**Run-Time:** 1 x 52 min.

**Directed by** Kurt Langbein

**ORF/3sat**

Available worldwide

**Languages:** German (ORIGINAL) , English (VOICE-OVER)

**Format:** 16:9

**HD**

» [SCREEN ONLINE](#)