# New Fitness Factors: The Microbiome Connection

written by Dr. Ronald Hoffman | February 26, 2025

Transformation expert Kat James provides a deep-dive into the intricacies of the microbiome and its extensive impact on various aspects of health. Kat James, bestselling author of ‘The Truth About Beauty,’ shares her personal journey of overcoming eating disorders and metabolic imbalances through gut health. The discussion covers the roles of probiotics, prebiotics, and postbiotics in fostering a healthy microbiome, along with the unexpected connections between gut health and muscle mass, bone strength, mental health, and even skin health. They also touch upon practical tips for maintaining a balanced microbiome, especially during travel, and emphasize the innovative use of Dr. Ohhira’s Probiotics. With emerging studies and expert insights, this episode sheds light on how optimizing gut health can lead to transformative well-being.