



Baby's first bacteria: When does the microbiome begin?



We often talk about the importance of method of birth on a newborn's health, not only in the short-term, but in the long-term. Research has found, again and again, that vaginal birth, and the experience of going through the birth canal, exposes a child to various microbes that form the basis for their own gut microbiome.

I'm not here to dive into that research today though (but you can learn more [here](#)). Excitingly, new research is finding that the placenta may actually play a significant role in microbiome development. This would change everything we know about the placenta's purpose! Let's take a deeper look.

This article originally appeared on Dr. Perlmutter's website.