

# Countering your antibiotics with probiotics

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

Frequently, I see members of this community write in with concerns on how taking an antibiotic may be disrupting the balance of their gut microbiome. Certainly, this is a valid concern, as even the word's root definition troublingly means "against life." In today's video, find my advice for how protect the delicate balance of your microbiome while on antibiotic, the very same strategies I use when I find myself on one.