

BACTERIA!

Most bacteria are your friends and allies, not enemies. They are microscopic single-cell creatures, about one hundred times smaller than any human cell. They live almost everywhere on Planet Earth, from the frozen Antarctic, to boiling hot springs. They are found in the soil, where they support the fragile web of life.

There are even bacteria living inside you. They digest the food that you cannot and make vitamin K, which helps your blood to clot.

