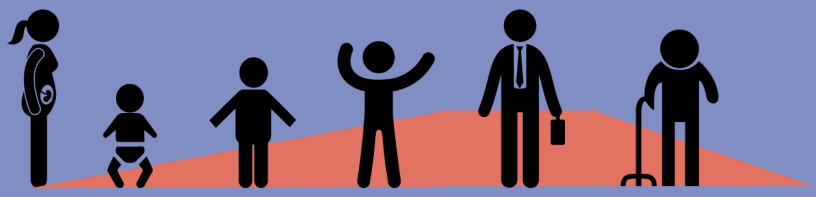
Gut Microbiota

Our gut is home for **trillions of microorganisms** including at least **1000 species of known bacteria.** Rather than being harmful, the microbiota is an organ by itself with an extensive metabolic capability. Research has put forward its importance for **health maintenance** and protection against diseases.

Bacterial **diversity** and **abundance** vary across life stages



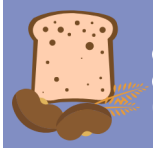
There is more than **100 000 000 000 000** microorganisms in the gut

Other factors include:

Geographical location | **Eating patterns** | **Intestinal diseases** | **Medication** | **Smoking**

What it does?

Communicates with the **brain** in a bidirectional way » Regulation of **food intake** and gut response to **stressors**



Ferments **complex carbohydrates** (mostly fibres) » Production of **short chain fatty acids**, used for **energy** and **bacterial growth**

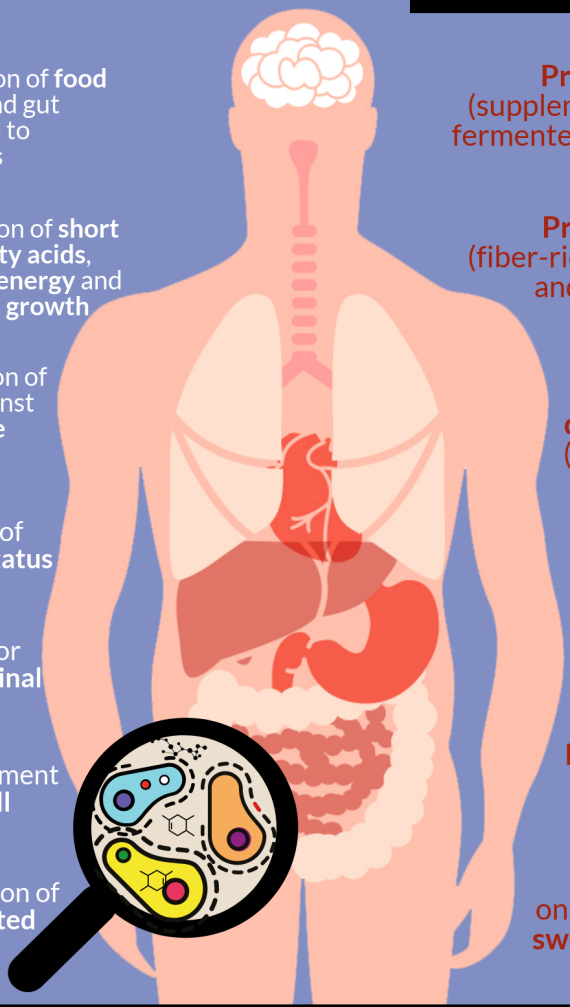
Metabolizes some **drugs** and **antioxidants** » Protection of cells against **oxidative damage**

Produces some **vitamins** (such as B12 and folate) » Support of health **status**

Regulates **gastrointestinal function** » Facilitator of **intestinal motility**

Develops and regulates the **immune system** » Improvement of **overall health**

Protects against **pathogens** » Prevention of **gut-related illness**



How to improve?

Probiotics (supplements or fermented foods)

Prebiotics (fiber-rich foods and human milk)

Diet diversity (focus on whole foods)

Regular exercice

Reduced stress

Cut back on **artificial sweeteners**

Your microbiota is as unique as you are! Take care of it!

Aim for **50 grams** of fibers per day

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