WHAT YOU NEED TO KNOW ABOUT THE 6 MICROBIOTA OF THE HUMAN BODY

the ENT microbiota
three microbiota in one

- protects against ear infections, sinus infections, tooth decay, allergic rhinitis, gum disease

the gut microbiota
has four main functions

1. helps the digestive tract to function properly
2. promotes digestion by facilitating the absorption of nutrients
3. creates a barrier against pathogens and toxins
4. plays a defensive role in the development of the immune system

the pulmonary microbiota
a fragile microbiota influenced by...

- weather, habits, geographical area, immune system

the vaginal microbiota
keeps pace with hormones

- during periods, polymicrobial flora, adult woman, menopausal woman, prepubescent young girl, pregnant woman

the skin microbiota
created by the method of delivery

- protects against allergic disease, rhinitis, sinus infections, ear infections, tooth decay, vaginal tract infections, urinary incontinence, bladder & prostate cancer

the urinary microbiota
this microbiota needs further study

- vaginal delivery, cesarean section

- its mother’s vaginal microbiota, its mother’s skin microbiota

it remains relatively stable throughout life.

For more information about the microbiota go to
www.biocodexmicrobiotainstitute.com
References on the website
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