**5 Things to Know About the Gut Microbiota**

1. **The gut microbiota is made up of the billions of microorganisms that live in the gut.**
   - *Escherichia coli* protects the gut barrier and helps digestion. Mostly harmless, in some cases it can cause gastroenteritis or urinary tract infections.
   - *Clostridium* protects the gut barrier. Can become pathogenic and cause diarrhea under certain circumstances (antibiotic-induced dysbiosis).
   - *Bifidobacterium* protects the gut barrier and plays a role in the development of the immune system. Also facilitates digestion.
   - *Bacteroides* protects the gut barrier, helps digestion, and stimulates the immune system. Some species of *Bacteroides* may cause infections.
   - *Lactobacillus*, *Streptococcus*, *Eubacterium*, *Faecalibacterium*, *Enterobacteriaceae*, *Lactobacillus*, *Streptococcus*, *Eubacterium*, *Faecalibacterium*, *Enterobacteriaceae* but other microorganisms are also present.

2. **An essential feature in our gut, the gut microbiota acts on four levels**
   - Helps the digestive tract to function properly.
   - Promotes digestion by facilitating the absorption of nutrients.
   - Creates a barrier against pathogens and toxins.
   - Plays a defensive role in the development of the immune system.

3. **Imbalances of the microbiota are associated with certain diseases of the gut...**
   - *Crohn’s disease*, *Irritable Bowel Syndrome*, *Diverticular Disease*, *Traveler’s Diarrhea*, *Antibiotic-Induced Diarrhea*
   - *Escherichia coli* protects the gut barrier. Can become pathogenic and cause diarrhea under certain circumstances (antibiotic-induced dysbiosis).

4. **...as well as other diseases**
   - **Neurodegenerative diseases**: Alzheimer's disease, Parkinson's disease, etc.
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   - **Neurodegenerative diseases**: Alzheimer's disease, Parkinson's disease, etc.
   - **Respiratory diseases**: Allergies, asthma, etc.
   - **Metabolic diseases**: Diabetes, obesity, excess weight, etc.
   - **Skin diseases**: Acne, atopic dermatitis, etc.

5. **A healthy lifestyle preserves the balance of the gut microbiota**
   - **Good habits**:
     - Antioxidant vitamins
     - Dietary fiber
     - Probiotics (bacteria & live yeast)
     - Prebiotics (fermented products)
     - Good fats
     - Phytochemicals
   - **Habits to avoid**:
     - Smoking
     - Alcohol
     - Stress
     - Excessively rich diet

For more information on the microbiota, go to www.biocodexmicrobiotainstitute.com

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