DO YOU KNOW THAT AN UNBALANCED MICROBIOTA IS CALLED A DYSBIOSIS?

Dysbiosis can be defined as a change in the composition and functions of the microbiota of each individual.

1 How dysbiosis affects the microbiota?
Specific case of the gut microbiota
- a balanced microbiota
- or multiplication of pathogenic bacteria
- or reduction of the diversity
- or loss of essential microbes

2 What are the main causes of dysbiosis?
- individuals factors
  - genetic inheritance
  - certain illnesses and injuries
  - age
- environmental factors
  - antibiotics
  - infections
  - diet
  - pollution

3 What are the repercussions of an unbalanced microbiota on health?
- intestinal dysbiosis digestive, neurodegenerative & metabolic disorders
- respiratory dysbiosis & diseases
- skin dysbiosis & diseases
- urogenital dysbiosis & diseases
- ENT dysbiosis & diseases

4 How to restore an unbalanced microbiota?
- prebiotics
- probiotics
- fermented food
- healthy diet
- Faecal Microbiota Transplantation (FMT) for the gut microbiota, in cases of Clostridioides difficile infection
- other microbiota transplantation others are being studied on an experimental basis, for the vaginal and cutaneous microbiota

In Greek, the word bios means "living" and the prefix dys- means "bad".

A significant change in the relative proportions of the major microbial families.

Microbial communities that live in a specific environment of the body.

The microbiota's composition is specific to each person.

Fight against pathogens, metabolize and secrete molecules, interact with the immune system and other organs.

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

References on the website

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