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

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.

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

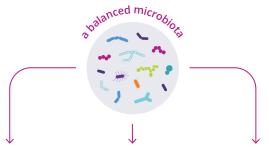
Fight against pathogens, metabolize and secrete molecules, interact with the immune system and other organs.

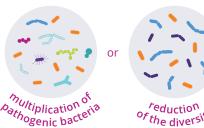
Microbial communities that live in a specific environment of the body.

The microbiota's composition is specific to each person.







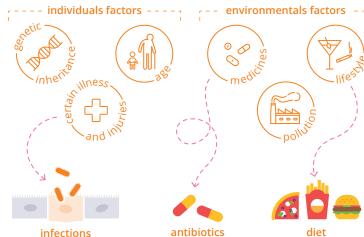






essential microbes

2 What are the main causes of dysbiosis?



infections

e.g. during infections, harmful microbes invade the microbiota and induce an inflammation (immune response)

e.g. irreplaceable, but disruptive to the microbiota by destroying "good" bacteria alongside harmful ones

e.g. what we eat

has an impact on our microbiota throughout our lives

3 What are the repercussions of an unbalanced microbiota on health?



intestinal dysbiosis digestive, neurodegenerative & metabolic disorders antibiotic-associated diarrhea, gastroenteritis, Alzheimer's disease, Parkinson's disease, diabetes, obesity, etc.



respiratory dysbiosis & diseases allergies, asthma,etc.



skin dysbiosis & diseases acne, atopic dermatitis, etc.



urogenital dysbiosis & diseases vaginosis, candidosis, urinary tract infections, etc.



ENT dysbiosis & diseases tooth decay, ear/sinus infections, etc.

How to restore an unbalanced microbiota?







fermented food





healthy diet



Faecal Microbiota Transplantation (FMT) for the gut microbiota, in cases of *Clostridioides* difficile infection









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

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