

# 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**.

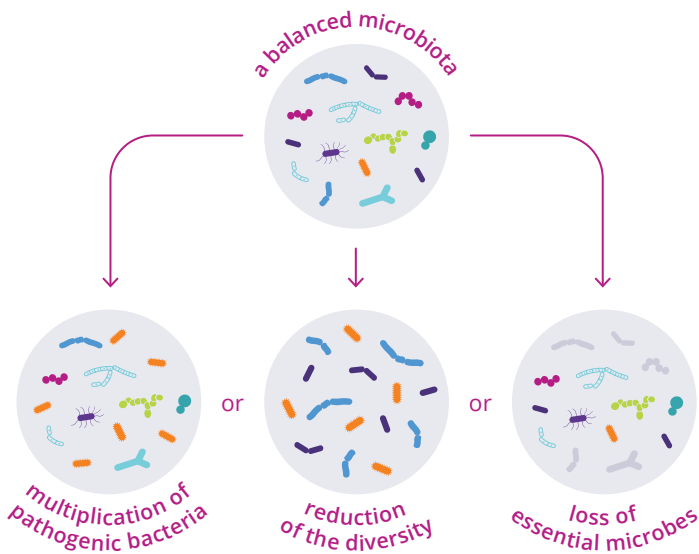
Fight against pathogens, metabolize and secrete molecules, interact with the immune system and other organs.

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

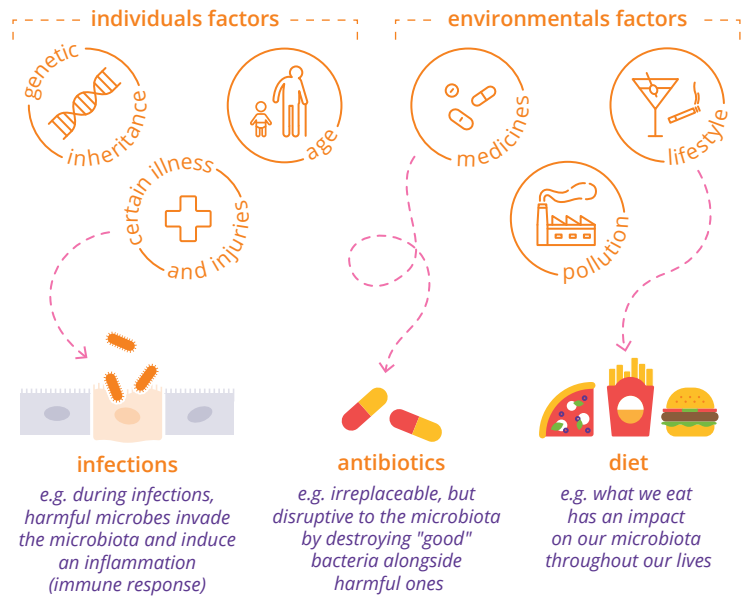
The microbiota's composition is specific to each person.

## 1 How dysbiosis affects the microbiota?

Specific case of the gut microbiota



## 2 What are the main causes of dysbiosis?



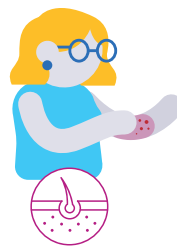
## 3 What are the repercussions of an unbalanced microbiota on health?



**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.*

## 4 How to restore an unbalanced microbiota?

