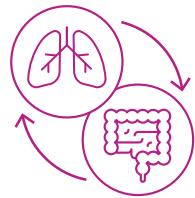


L'AXE INTESTIN-POUMON : COMMENT LE MICROBIOTE INTESTINAL PROTÈGE-T-IL CONTRE LES INFECTIONS RESPIRATOIRES ?



DÉFINITION

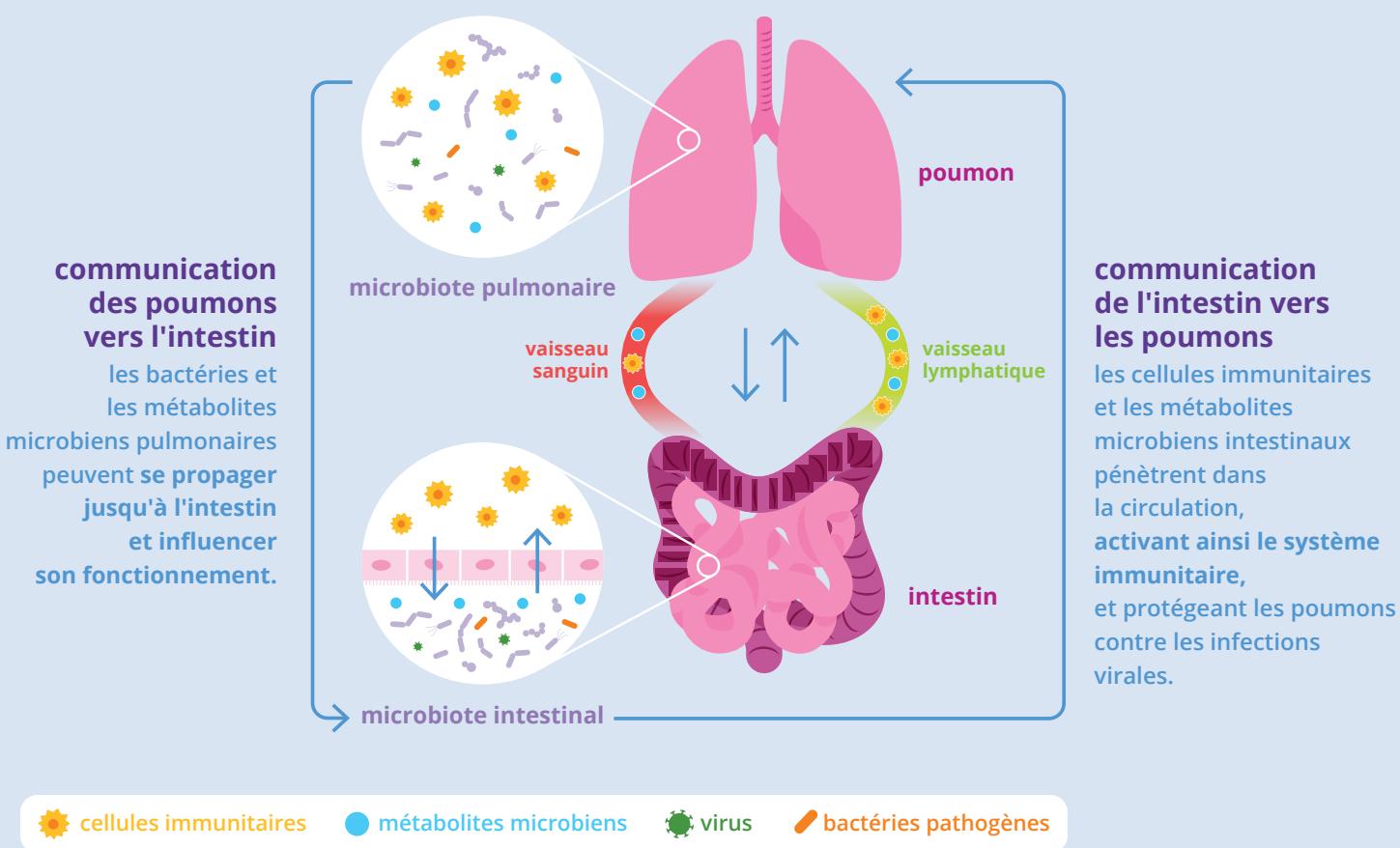
L'axe intestin-poumon est un système de communication bidirectionnel entre l'intestin et les poumons dans lequel le microbiote intestinal joue un rôle clé.

LE SAVIEZ-VOUS ?

80% des cellules immunitaires

sont présentes dans l'intestin.

COMMENT L'AXE INTESTIN-POUMON FONCTIONNE-T-IL ?



MAINTENIR UN MICROBIOTE INTESTINAL EN BONNE SANTÉ PEUT...



renforcer l'immunité intestinale



aider à préserver la santé des poumons

et contribuer à éviter...
les infections respiratoires d'origine virale grippe, Covid-19

COMMENT MAINTENIR UN MICROBIOTE EN BONNE SANTÉ ?



probiotiques



prébiotiques



régime alimentaire riche en fibres



Infography, sources

Gut-lung axis: how does gut microbiota protect against respiratory infections?

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