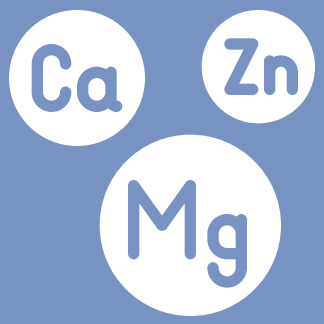
HUMAN GUT MICROBIOME

What is gut microbiome?

There 10-100 trillion microorganisms, primarily bacteria, harbored in each person's gut, forming a community called the gut microbiome.

The gut microbiome has various functions like...



Absorbing nutrients

Helping with digestion

Protecting us against pathogens

Gut health is important because...

- Trains our immune cells.
- Increases our resilience to infection
- Strengthens our gut barrier
- Communicates with our brain
- Balances our blood sugar
- Helps prevent against many diseases

Dr Megan Rossi

A healthy gut microbiome is crucial for good health!

A healthy microbiome must be resilient to external (dietary, pharmaceutical) or internal (age) changes, so it can recover easily to its functional state.

The link to human health

Disruption (dysbiosis) in the microbiome can cause numerous diseases, including inflammatory bowel disease, multiple sclerosis, diabetes, allergies, asthma, autism, and cancer.

It can also impact external conditions, such as depression, thyroid disorders, skin conditions.

Nutrition & gut microbiome

The gut microbiome can influence metabolic health through different interactions linked to diet.

By eating foods that are connected to “good” microbes, we could change the molecules that our gut microbes produce.

What food is good for our gut?

Diverse plant foods, diversifies the gut microbes and become more resilient and skillful.

Dietary fibers, fermented food, prebiotics, polyphenols enhance the gut.

Excess of red meat, dairy, highly processed food, , artificial sweeteners can harm it.

Gut health impacts our mental & physical health.
Let's protect it!

We are on a mission to spread awareness amongst health professionals about the connection between soil-human health.

Join us in our mission!

Coalition of Health Professionals for Regenerative Agriculture