Gut Microbiota

Our gut is home for trillion of microorganisms including at least 1000 species of known bacteria. Rather than being harmful, the microbiota is an organ by itself with an extensive metabolic capability. Research has put forward its importance for health maintenance and protection against diseases.

Bacterial diversity and abundance vary across life stages.

Other factors include:
- Geographical location
- Eating patterns
- Intestinal diseases
- Medication
- Smoking

There is more than 100,000,000,000 microorganisms in the gut.

What it does?

Communicates with the brain in a bidirectional way
Regulation of food intake and gut response to stressors
Ferments complex carbohydrates (mostly fibres)
Production of short chain fatty acids, used for energy and bacterial growth
Metabolizes some drugs and antioxidants
Protection of cells against oxidative damage
Produces some vitamins (such as B12 and folate)
Support of health status
Regulates gastrointestinal function
Facilitator of intestinal motility
Develops and regulates the immune system
Improvement of overall health
Protects against pathogens
Prevention of gut-related illness

How to improve?

Probiotics (supplements or fermented foods)
Prebiotics (fiber-rich foods and human milk)
Diet diversity (focus on whole foods)
Regular exercise
Reduced stress
Cut back on artificial sweeteners

Your microbiota is as unique as you are! Take care of it!

Aim for 50 grams of fibers per day
We love beans and legumes!
And what about giving kimchi and kefir a try?
Do as I do, breastfeed your baby!

Michèle Rousseau RD
Master degree student