WHAT IS THE MICROBIOME?

Microscopic organisms such as bacteria make up the lining of our gut and create a micro-ecosystem called the microbiome.

ACTERIA GOOD OR BAD?

The microbiome consists of different types of microbiota. Most are symbiotic where the body and microbiota work together. But some are pathogenic and promote disease. A healthy gut microbiome has a good balance of symbiotic and pathogenic microbiota.

WHAT CONTROLS THE MAKEUP OF THE MICROBIOME?

Every person’s microbiome is different. A person’s DNA is can have an impact on the makeup of their microbiome. However, it can be exposed to new organisms as early as birth.

WHAT OTHER FACTORS AFFECT THE MICROBIOME?

Other factors that can influence the gut microbiome are breast feeding, diet, exercise, disease, and drugs/medication.

Resources:
Harvard School of Public Health, The Nutrition Source
Gut microbiome as a clinical tool in gastrointestinal disease management, are we there yet? doi:10.1038/nrgastro.2017.29