

THE INTESTINAL MICROBIOME - THE INHABITANTS OF OUR GUT





**OUR INTESTINES ARE NOT
ONLY RESPONSIBLE FOR
OUR DIGESTION, BUT ALSO
FOR OTHER IMPORTANT
FUNCTIONS IN OUR BODY.**



THE MICROBIOME

The health of our intestines is closely linked to our overall well-being. The gut often signals disorders and illnesses long before we recognise them. However, stress, an unhealthy diet, and poor lifestyle choices can disrupt the delicate balance of our gut and its resident bacteria, significantly impacting our health.

MICROBIOME ANALYSIS

Our laboratory tests are constantly evolving. biovis has made innovative progress in the field of intestinal analysis. Specifically, our advancements in microbiome analysis can help you achieve greater gut health. A microbiome analysis provides valuable insights into the condition of the gut, allowing us to identify and address imbalances in the microbial balance.

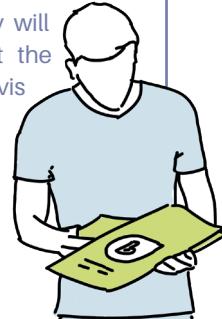
The first question to ask is: What is the microbiome, and how does it influence the human body? This term refers to the entire community of microorganisms living on and inside humans. Within our gastrointestinal tract, trillions of these microorganisms reside, collectively known as the gut microbiome. However, not all gut bacteria exert positive effects on our body. Therefore, an imbalance between beneficial and harmful bacteria can lead to health issues.



BIOVIS OFFERS YOU



If you want to understand the state of your gut health, ask your doctor for a current microbiome profile. Depending on your health status, additional stool tests might be necessary to get a complete picture. For further information, please contact the medical specialist you trust. They will advise you and request the desired profiles from biovis for you.



WHAT ARE MY GUT BACTERIA DOING?

Digestion: Intestinal bacteria assist in digesting complex carbohydrates and dietary fibre. They convert fibre into short-chain fatty acids, which serve as a primary energy source for intestinal cells and promote intestinal motility.

Vitamin production: Our gut bacteria produce various vitamins essential for our daily needs, including vitamins B1, B2, B6, B12, and K.

Detoxification: Certain intestinal bacteria can neutralise toxic substances, aiding in the detoxification of environmental chemicals.

Immune system: The intestinal bacteria in our gastric mucosa form a microbial barrier against pathogens entering the gastrointestinal tract, preventing harmful pathogens from entering the body. Moreover, short-chain fatty acids can reduce the intestine's permeability to pathogens.



WHAT IS 'LEAKY GUT'?

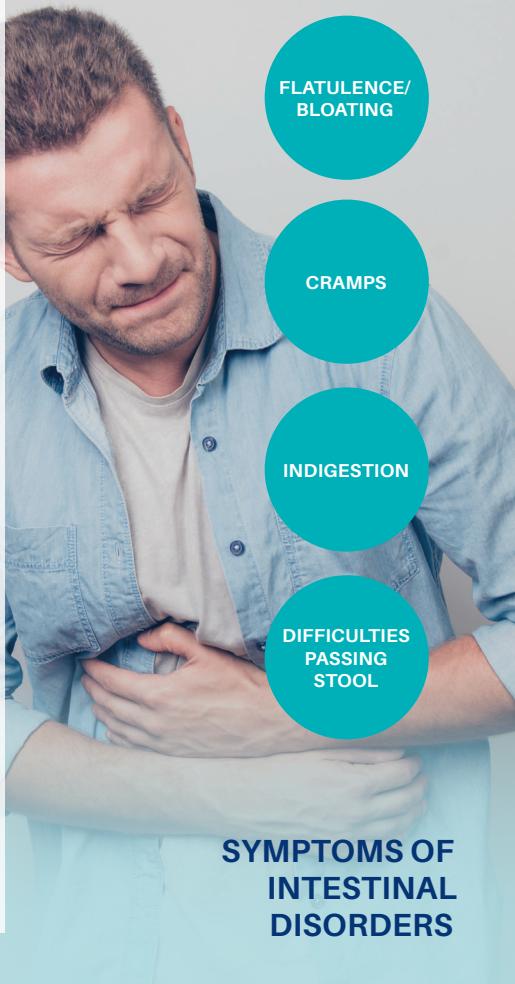
When the intestinal barrier function is compromised, it can result in increased permeability, a condition known as 'leaky gut'. This allows foreign substances and pathogens to enter the body more easily. In response, the intestinal immune system reacts to these invaders, initiating an inflammatory response. Consequently, a leaky gut can contribute to autoimmune diseases, inflammatory conditions, and food allergies.

HOW DO I RECOGNISE THAT SOMETHING IS WRONG?

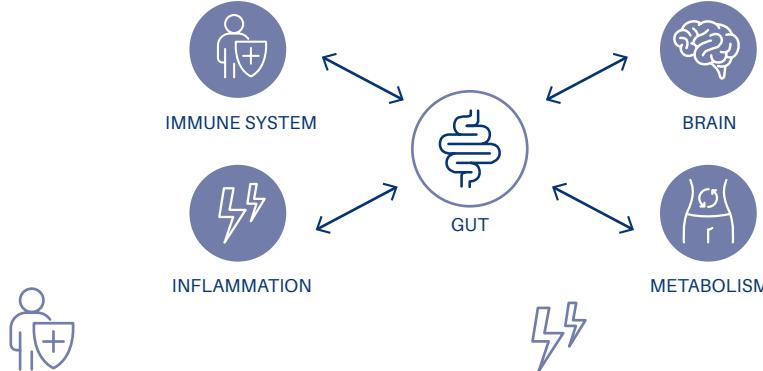
When we are exposed to poor health for an extended period, it can start to feel normal. However, our gut often provides signs of an unhealthy lifestyle that should not be ignored.

Clear symptoms are frequently occurring flatulence, stomach cramps, digestive problems, difficulties passing stool, or a bloated stomach.

Although a bloated stomach is common, it can be caused by food intolerances and can offer insights into our overall health. Since everything in our body is interconnected, intestinal issues can also show up in other organs. For example, irritated skin might indicate gluten intolerance or a similar condition.



HOW IS THE INTESTINAL TRACT CONNECTED TO THE REST OF OUR BODY?



Immunological disorders:

- Susceptibility to infections, allergies, autoimmune diseases (coeliac disease, type 1 diabetes, rheumatoid arthritis)
- The microbiome plays a crucial role in regulating the immune system, affecting how our body distinguishes between harmful and harmless particles — whether they originate internally or externally. When tolerance to these particles decreases, it can trigger autoimmune reactions or allergies. Also, the microbiome influences the integrity of the intestinal barrier. A weakened barrier makes it easier for pathogens to get through and into the body, increasing susceptibility to infection.

Inflammatory diseases:

- Inflammatory bowel disease, inflammation of the skin (psoriasis)
- Chronic inflammatory diseases are triggered by a misdirected immune response and a 'leaky gut'. The body's immune reactions are strongly influenced by the gut microbiome.



Mental illnesses and neurodegenerative diseases:

- Stress, depression, anxiety disorders, Alzheimer's disease
- Substances produced by intestinal bacteria, including short-chain fatty acids, can communicate with the nervous system. This phenomenon is known as gut-brain axis.



Metabolic syndrome:

- Excess weight, type 2 diabetes, high blood pressure
- The short-chain fatty acids produced by the intestinal bacteria can influence human metabolism, i.e. the processing of fats and carbohydrates in the body. The regulation of appetite also plays a role, which in turn has an influence on our eating behaviour.

A BALANCED DIET FOR A HEALTHY GUT

Since nutrition has a significant impact on our gut health, maintaining a healthy diet is crucial. We have developed several flyers and brochures to assist you in adopting a nutritious diet. For further details, please visit our website! There, you will discover a selection of specialised brochures and informative materials categorised into different topics.



**BRING YOUR
GUT BACK INTO
BALANCE.**



If you have any further
questions, please
contact the medical
professionals you
trust.



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Further information
can be found here:



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