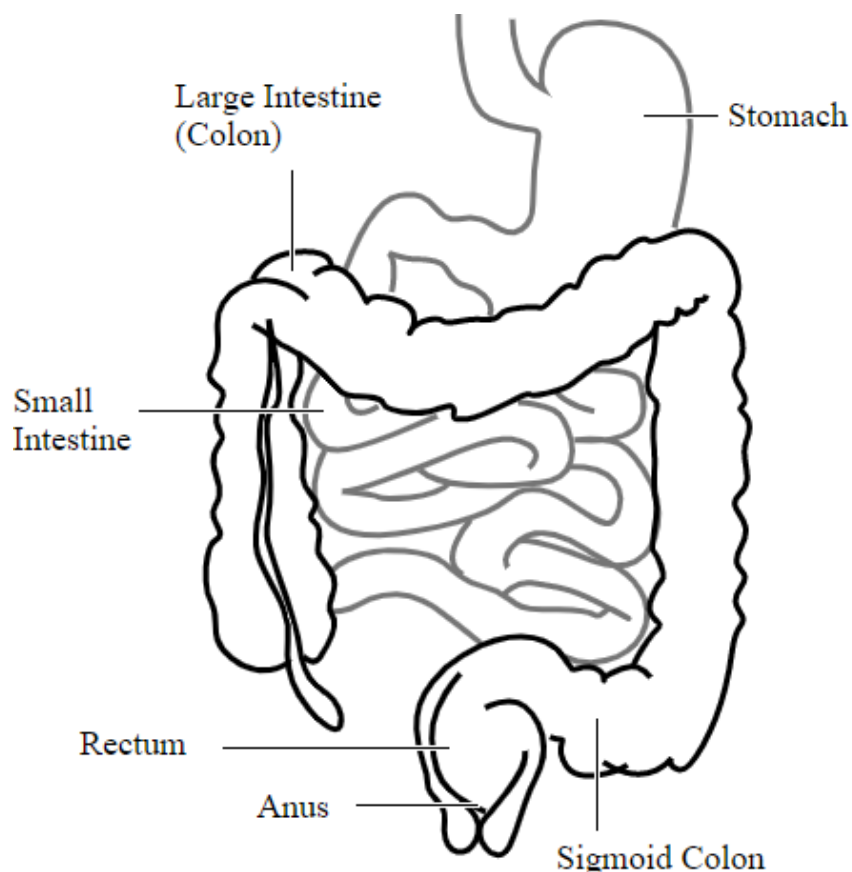


Do you know intestinal microbioma?

What Is Intestinal Microbioma? It is a complex system of microorganisms found in the human digestive tract. Some scientists refer to microbioma as an organ. A healthy microbiome is essential to our health and weight. With proper care of the intestinal microbiome we can prevent or treat many diseases, but also, for example, influence our emotions or appetite. The total amount of bacteria in our intestines is equal to or up to ten times the number of cells in the human body. Every person's microbiome is different and unique to everyone, so unique that we can compare it to a fingerprint.



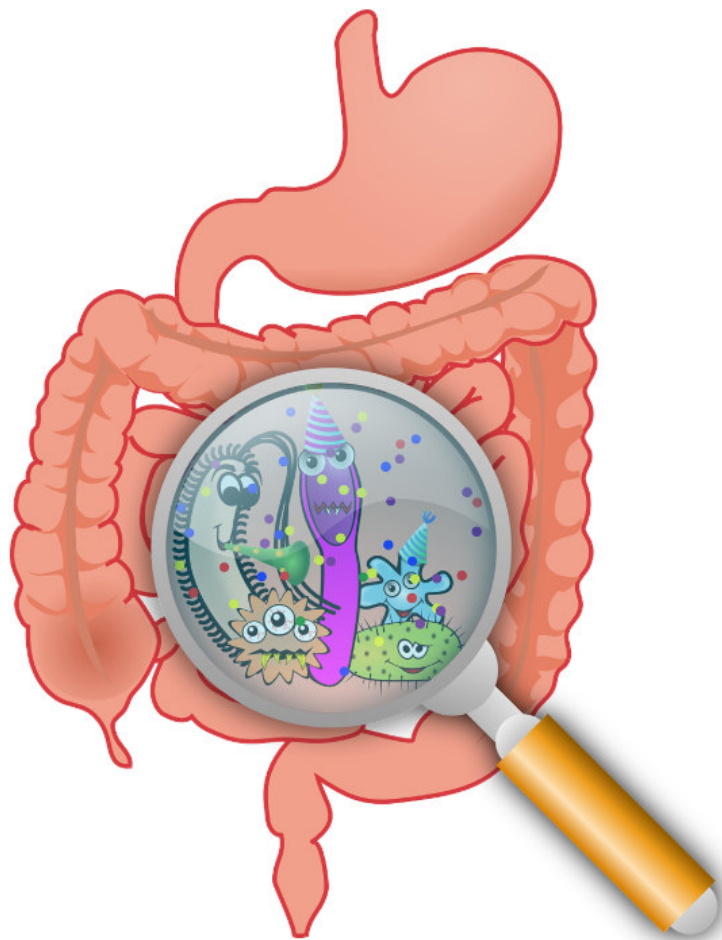
Influence of microbiome on health

Intestinal microbiome participates in many metabolic reactions and affects intestinal functions (secretion, digestion and absorption of nutrients). It also produces many body-beneficial substances such as vitamin K (blood clotting effect), B-group vitamins, short-chain fatty acids, amino acids, but also enzymes. It creates a protective barrier against intestinal pathogens and promotes the proper development of our immunity (70-80% of immune cells reside in the intestines).

It also affects the emergence and development of so-called "civilization diseases" (type 2 diabetes, heart and blood vessel diseases, obesity), but also many other diseases such as atopic eczema, or allergies. It has the ability to influence the nervous system and thereby regulate appetite, emotions and the human psyche (mood changes, depression, anxiety). Microbiome has a great influence on our digestion and metabolism, current evidence shows that obese people have a different composition of the intestinal microbiome than people with optimal body weight.

What benefits microbioma

The way to the right microbiome can be supported by reducing refined foods (white sugar, white flour products, husked rice), moderate consumption of animal foods (fatty foods and foods containing saturated fatty acids). It is important to consume enough fiber (fruits, vegetables, whole grain products) that make up the nutrients for the intestinal microbiome. It is also recommended to consume raw foods, fermented foods and foods with probiotic cultures such as sour dairy products more often. The diet should be fresh, we should not overeat and we should ensure regular physical activity (ensuring the diversity of microorganisms in the intestines, stimulating bowel movement and digestion).



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