The human gut includes about 100 trillion microorganisms weighing 1.5 kg.

Changes in gut bacteria are being linked to obesity.

Scientists suspect a link between gut microbes and nervous system diseases such as Parkinson's and Alzheimer's.

Microbes living in the gut help drive the development of bowel cancer.

Breast-feeding has been linked to higher levels of good gut bacteria in babies.

Probiotic ‘good’ bacteria has been shown to lower anxiety and stress-induced hormones.

‘Bad’ gut bacteria has been linked to depression, low mood and fatigue.

A high-fibre diet helps us acquire and maintain good gut bacteria.

The right balance of bacteria can lower blood pressure and risk of stroke.


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Last updated January 2019