

[IMAGE]

## Your Microbiome Will Thank You

By Editorial Staff

You may not know it – or want to admit it – but you have millions upon millions of microorganisms living inside your gastrointestinal tract every day. But don't worry; these bacteria, viruses, protozoa, and fungi are actually quite necessary for good health, which is why they're referred to as "good" bacteria, etc. That means you should consider keeping your GI microbiome in tip-top shape one of your top health priorities.

You should prioritize GI health, but many people don't, and their nutritional choices are often to blame. Dietary choices actually have a profound impact on GI health, namely the health of the GI microbiome. In reviewing 86 previous studies, researchers arrived at this conclusion: "Nutrition has profound effects on microbial composition, in turn affecting wide-ranging metabolic, hormonal, and neurological processes." They point to two specific nutritional considerations you should think about (although they're not the only two to keep in mind): eating more fiber and eating less protein. Specifically:

microbiome - Copyright â Stock Photo / Register Mark "The benefits of fiber center on short-chain fatty acids, which are required by colonocytes, improve absorption, and reduce intestinal transit time.

Contrastingly, protein promotes microbial protein metabolism and potentially harmful by-products that can stagnate in the gut."

Your doctor can tell you more about the importance of the GI microbiome and help outline a balanced diet that not only enhances GI health, but overall health and wellness.

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