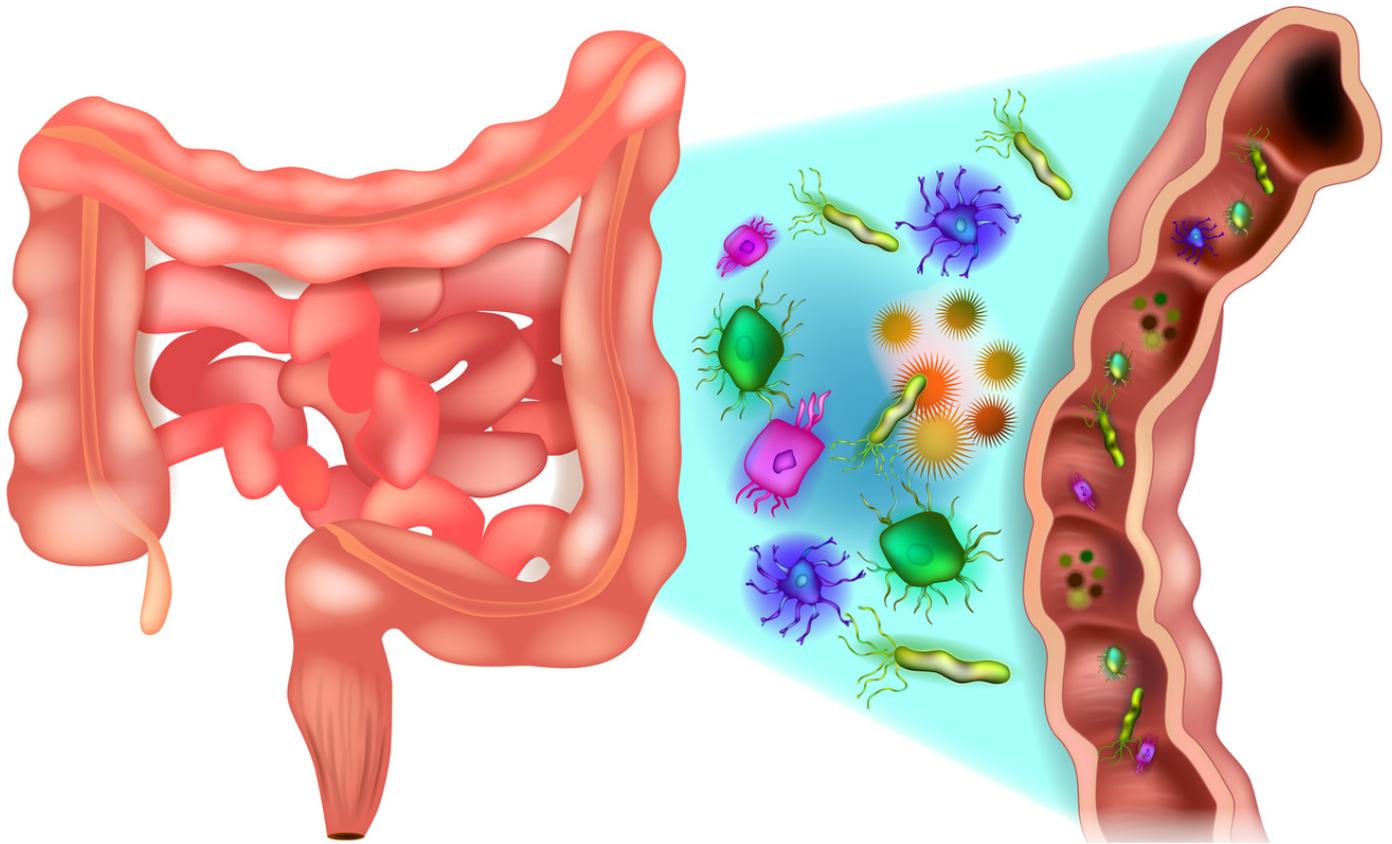


Intestinal Dysbiosis

a bacterial imbalance which leads to an overgrowth of pathogenic species



What is intestinal dysbiosis?

Dysbiosis (also called dysbacteriosis) occurs when the natural balance of bacterial species in the intestines is disrupted and can be defined as a reduction in microbial diversity, and a combination of the loss of beneficial bacteria and rise in pathogenic species. This imbalance can lead to a loss of the gastric barrier - the intestinal membrane - and effect the permeability of the small intestine, as well as give rise to a number of digestive symptoms and extra-intestinal disorders.

How does intestinal dysbiosis affect health?

The microbiota functions in tandem with the host's defences and the immune system to protect against pathogen colonisation and invasion. Any disruption to the microbial diversity can impact essential metabolic functions and contribute to the development of disease. Dysbiosis has been identified as playing a possible role with a variety of health problems including, inflammatory bowel disease (IBD), irritable bowel syndrome (IBS), obesity, metabolic syndrome, Type 2 diabetes mellitus, eczema and rheumatoid arthritis. It is also associated with mental health and spectrum disorders. Dysbiosis can be supported through improved dietary and lifestyle habits, such as optimising intake of fibre-rich plant foods, taking regular exercise, supporting quality sleep and reducing stress.

What causes intestinal dysbiosis?

Alterations in the microbiota can result from exposure to various environmental factors, including diet, toxins, drugs, pathogens, as well as lifestyle.

