

THE MICROBIOME: A CLOSER LOOK

A GUIDE TO WHY THE MICROBIOME IS SO IMPORTANT TO US

WHAT IS THE MICROBIOME?

The microbiome includes all the microbes - bacteria, fungi, protozoa, and viruses - that live on and inside the human body

YOUR MICROBIOME IS UNIQUE TO YOU!

- There are 10X as many microorganisms as there are cells in the human body
- 90-95% of our microbiome live in our gut - that's more than 5000 types of microbes
- Your microbiome may account for up to 5 lbs of your weight

IMMUNE FUNCTION

- 70%-80% of the body's immune cells are found in the gut
- Your gut microbiome plays a role in immune system development and function - it teaches the immune system to tell "friends from foes"

GUT-BRAIN AXIS

- Your gut is often referred to as "the 2nd brain"
- Microbes in the gut can influence brain function and mood
- Your gut microbiome helps produce molecules important for sleep



DIGESTION & ABSORPTION

- Your gut microbiome helps digest and utilize foods that your stomach & small intestine aren't able to
- It helps absorption of vitamins and minerals
- It produces important molecules that travel around your body

AS YOU CAN SEE...

Your microbiome plays a huge role in how your body functions. It can change based on individual factors such as diet, lifestyle, and chemical exposures. This is why we are interested in looking at what microbes make up your unique gut microbiome!

Reference

Ferranti EP, Dunbar SB, Dunlop AL, Corwin EJ. 20 things you didn't know about the human gut microbiome. J Cardiovasc Nurs. 2014 Nov-Dec;29(6):479-81. doi: 10.1097/JCN.000000000000166. PubMed PMID: 25290618; PubMed Central PMCID: PMC4191858.