

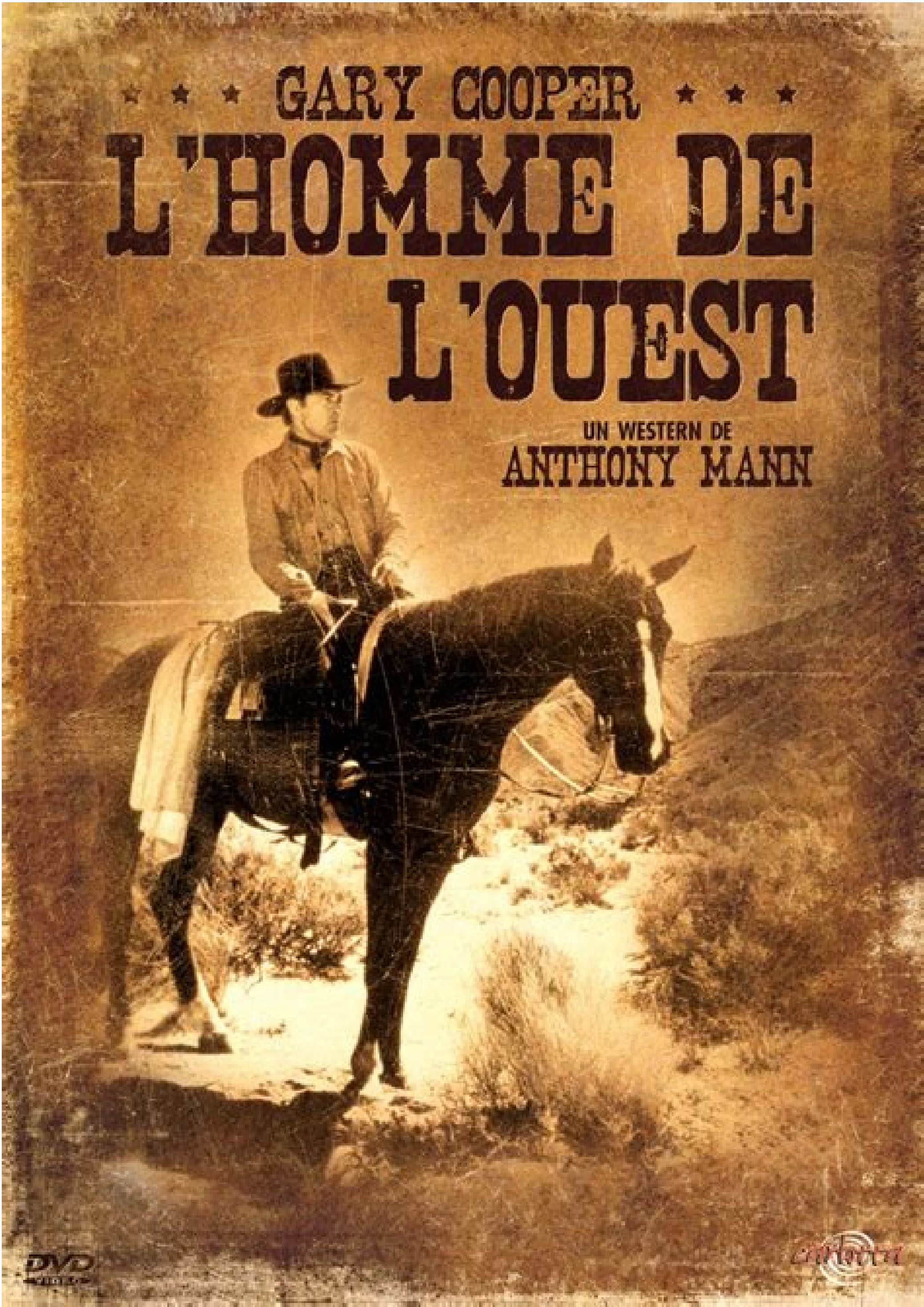
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Did you know there are trillions of teenage living things inside you? Most of them are in your digestive system. This is your intestinal microbiome. There are more of these microbes than the cells in your body. It may sound alarming, but it's totally normal. These bacteria, fungi and other organisms play a variety of roles. They help us use and digest our food. They also seem to be linked to our immunity, general health, and the risk of disease. Exploring our intestinal microbes, researchers want to understand how they are related to our general health. The microbiomes of people living with multiple sclerosis (MS) are different from those of people without MS. Based on this information, the hope is that new therapies can be developed to help people with MS. Several studies have compared the intestinal microbiomes of people with and without MS. There are distinct differences. It is not yet clear whether microbiome increases the risk of MS flares or whether MS flares change the intestinal microbiome. It could be a combination of both. Several studies have shown that people with MS have intestinal dysbiosis. Some intestinal bacteria create more inflammation in the body and this is seen in some people with MS. In mouse studies, some symptoms similar to MS have improved by changing the intestinal microbiome. Those with MS have less histological prediction of bacteria in their intestines than those without MS. Copaxone (glatiramer acetate), a treatment that modifies the disease, can cause these colony bacteria to increase. A study showed similar benefits in Predotella histicola data mice compared to Copaxone data mice. It is not yet known whether this will work in humans. Your intestinal microbiome is all colonies of living microscopic things in your digestive system. There are more than 1,300 types of bacteria that live in the intestine and more when counting specific strains. No two people have exactly the same gut microbiome, but there are models based on a variety of factors: how you were delivered (caesarean or vaginal vaginal you were fed as a child (breastfed or formula) geneticmedications use antibioticostresswhere you live in the worlddiet Our health and our intestinal microbiome are closely linked. What is not well understood is what happens before. Does the microbiome change, set us for the disease? Or does a change of health create a change in your microbiome? Researchers are still exploring these great questions. Autoimmune diseases and allergies rates have increased in recent years. One theory to explain this is the hypothesis of hygiene. Many of us live in clean environments with little exposure to pathogenic agents. However, with less infectious diseases, we see more cases of allergies and autoimmune diseases. The theory is that this increase is caused by important changes in the intestinal microbiome due to reduced exposure. When any of the colonies in your intestinal microbiome are out of balance, it is known as dysbiosis. Disbiosis can cause a variety of digestive symptoms. It is associated with the development of many autoimmune diseases. Normally, bacteria in our digestive tract do not enter the rest of our body. There is a strong barrier wall of the cells around the digestive tract. This prevents bacteria in the digestive tract of "leaking" in the bloodstream. Disbiosis in the digestive tract can cause gaps in these barrier walls. The bacteria that normally remain in the digestive tract can exit, causing inflammation. This inflammation is linked to autoimmune diseases, including MS. Some factors, such as genetics and the environment, are out of control. Our intestinal microbiome is established early in life, but there are factors that influence it. Some changes promote greater health and diversity in our microbiome. Other changes can damage. Here are some things you can do to promote a healthy and balanced microbiome of the liver: Eat moreFibra supplies food for all those small bacteria in your intestine. The fiber comes from fruits, vegetables, beans, lentils, nuts, seeds and whole grains. Reduce alcohol consumption. Alcohol alcoholshows to contribute to dysbiosis. If you drink, you might consider cutting. Eating fermented foods. Fermented foods are sources of healthy bacteria and can provide health benefits. Fermented foods include kimchi, tempeh, yogurt, kefir, miso and sauerkraut. Manage stress. Stress can affect the health of your gut microbiota. Try some stress-relieving techniques, such as yoga or meditation, to cope with stress. Use antibiotics wisely. Along with bad bacteria, antibiotics can also destroy some of the good ones. This can lead to dysbiosis. It is important to use only antibiotics when needed and take them as direct. Taking a probiotic supplement can restore some of the good bacteria. Explore probiotic supplements. Probiotic supplements can be helpful. More research is needed to find the best dose and voltage for specific conditions. The US Probiotic Guide might be a good place to start. Trillions of microbes live in and on the human body. Most of these are in the liver. There is interest in how the types of bacteria in our intestines can affect our health. A person with MS is more likely to have dysbiosis. Dysbiosis is when the intestinal microbiome is out of balance. This increases the risk of autoimmune diseases and inflammation. Eating a high-fiber diet with fermented foods can support a healthy gut microbiome. Research is underway to see how changing the gut microbiome can help people with MS. MS.

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