

M - Microbiome

The human microbiota is made up of trillions of cells, including bacteria, viruses, and fungi. A plethora of conditions, from obesity to anxiety, appear to be linked to the microbes inside us. Our environment, our long-term diet, stress, and the drugs we take, such as antibiotics, continue to play a role as we age, meaning our microbiome can change throughout our life.

- The biggest populations of microbes reside in the gut. Other popular habitats include the skin and genitals.
- The microbial cells and their genetic material, the microbiome, live with humans from birth. This relationship is vital to normal health.
- The microbiota is important for nutrition, immunity, and effects on the brain and behavior. It is implicated in a number of diseases that cause a disturbance in the normal balance of microbes.

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