



THE MICROBIOTA

WHAT ARE WE TALKING ABOUT?

The community of microorganisms (bacteria, fungi, etc.) that live in harmony in and on our body.

Kho et al., 2018; Dore et al., 2017; Hooper et al., 2012

FOR EXAMPLE



The **skin** microbiota



The **oral** microbiota



Or the **gut** microbiota

Kho et al., 2018



THE GUT MICROBIOTA THE RICHEST COMMUNITY IN OUR BODY

AN ECOSYSTEM OF **10,000** BILLION BACTERIA*,
WHICH REPRESENTS **90%** OF OUR TOTAL MICROBIOTA!

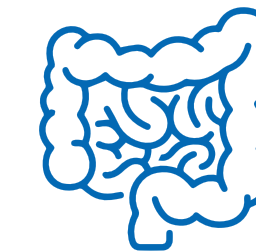
Sender et al. 2016; Doré et al., 2017/*In adult individuals

SPECIFIC TO
EACH INDIVIDUAL
JUST LIKE OUR
FINGERPRINTS

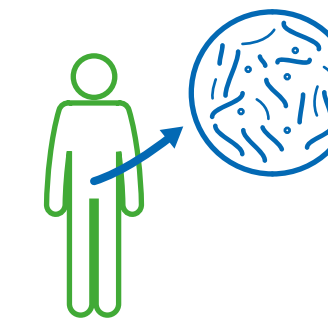
FIBERS: A KEY LINK IN THE HOST - MICROBIOTA SYMBIOSIS

A REALLY CLOSE RELATIONSHIP

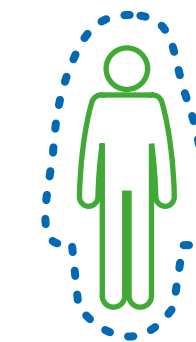
We feed gut bacteria with some of the **dietary fibers** we eat. In return they may play a key role in our general health, helping with:



DIGESTIVE
COMFORT

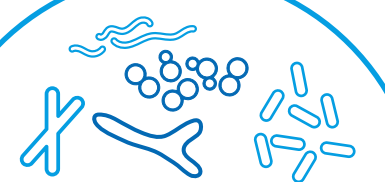


NUTRIENT
ASSIMILATION



IMMUNE
SYSTEM

He et al. 2016; Makki et al., 2018



Gut bacteria
are our silent
little helpers!



ALL ACTORS OF OUR OWN HEALTH

Since our gut microbiota is our partner for life, we need to support each other! Through a varied and fiber-rich diet, we can take care of it so that it will take care of us.



Senghor, 2018; Makki et al., 2018; Nie et al., 2018