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Functional Medicine

TWEET GM #21

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Title

Created

ANOTHER ARTICLE ABOUT GUT-BRAIN AXIS, REALLY?

A recent article (please find corresponding abstract in my QUOTE #21) informs us about the new concept of **Neuromicrobiology**. The word itself tells us that microbes and neurones deal a lot together, likely to a point where we are starting to uncover the existence of another microbial community in an organ that was supposed to be sterile, i.e. human brain!

In fact, we have to accept that bacteria develop absolutely everywhere given their unbelievable capacity to adapt to most hostile environments. So, why not in the brain, which does not seem as hostile as deserts, ice-covered lands, or deep oceanic trenches? There was a time, not so long ago, when we did not know *Helicobacter pylori* colonized our stomachs...

As a consequence, we may have to get used to an innovative paradigm made of friendly brain microbiome, which could also become unhealthy and therefore deserve the quote of "*brain dysbiosis*". In the meantime, let us hope that the mainstream medical community will have accepted the concept of "*intestinal dysbiosis*" and stopped seeing it as fake news.