



Dr Georges MOUTON MD

Functional Medicine

QUOTE GM #02

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Titre

Créé le

THE MICROBIOME - GUT - BRAIN AXIS IN HEALTH AND DISEASE

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The Microbiome-Gut-Brain Axis in Health and Disease.

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“Amazingly, the genomic and biochemical complexity of the microbiota exceeds that of the brain. Studies of the **brain-gut-microbiota axis** have been described as a paradigm shift in neuroscience. Increasing evidence points to **appropriate diversity in the gut microbiota** that is essential not only for gut health but also for normal physiologic functioning in other organs, especially the brain. An altered gut microbiota in the form of **dysbiosis** at the extremes of life, both in the neonate and in the elderly, can have a profound impact on brain function. Such a dysbiosis might emerge for a variety of reasons, including the mode of birth delivery, diet, and antibiotic and other drug exposure.”