

Optimize your gut health to fight disease.

Novant Health Employer Solutions

Your gut happens to be the epicenter of your physical and mental health.

Probiotics, or what we often call good bacteria, play a key role in your gut health and are part of a larger picture concerning bacteria and your body – your microbiome. Think of a microbiome as a diverse community of organisms, such as a forest, that works together to keep your body healthy.

Your body has trillions of microbes in your gut, which include:

- Bacteria
- Fungi (including yeasts)
- Viruses
- Protozoa

How do probiotics work?

The main job of probiotics is to maintain a healthy balance in your body. Healthy bacteria keep you healthy by supporting your immune function and controlling inflammation.

Probiotics may help certain medical conditions, such as eczema (atopic dermatitis), upper respiratory infections (ear infections, common cold, sinusitis) and sepsis (specifically in infants).

You can increase the good microbes in your body through foods, drinks and supplements. Certain foods in your daily diet may already contain probiotics.

Research has shown a positive connection between taking probiotics after an antibiotic and relief from diarrhea. The thought behind adding probiotics back into your body after taking an antibiotic is that it can repopulate the healthy bacteria that were destroyed by the antibiotics and reboot your system.

The gut-brain connection

The gastrointestinal tract is sensitive to emotion: anger, anxiety, sadness, elation. All of these feelings (and others) can trigger symptoms in the gut because the brain has a direct effect on the stomach and intestines. For example, the very thought of eating can release the stomach's juices before food gets there.

This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress or depression because the brain and the gastrointestinal (GI) system are intimately connected.

A healthy gut is key to a healthy you!

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