

Dysbiosis and IBS

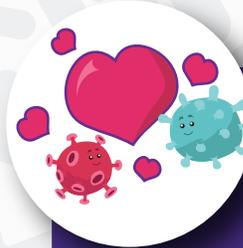
What is the Microbiota?



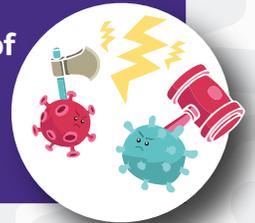
Gut microbiota is the name given today to the tens of trillions of microorganisms living in our intestine.

Even though each of us has a unique microbiota one thing we know for sure is that it plays a major role in health and disease in all humans.

What is Dysbiosis?



People with a healthy gut microbiota seem to be filled with happy communities of microbes that work together to maintain your health, both physical and mental. When one of these happy little colonies falls out of balance, it can lead to what is called dysbiosis. Which is just a fancy way of saying that the microbes living in your gut are all out of whack.



What Causes Dysbiosis?

As always when it comes to the gut, nothing is one-size-fits-all, so the answer to this questions is complex and could work differently for everybody. However, there are some typical causes of dysbiosis that are good to be on watch for



If you're taking antibiotics on a regular basis or eating a great deal of meat that has been raised with antibiotics, you are at risk of dysbiosis.



Diet profoundly influences gut microbiota composition and functions, potentially contributing to symptoms of IBS. For example, consumption of artificial sweeteners may lead to a deregulation of the intestinal microbiota.



Heavy alcohol consumption (drinking two or more alcoholic beverages per day) is known to be a major disruptor of the microbial community living in our intestines.



Researchers have found that high protein intake increased fermentation in the large intestine, generating certain toxic bacterial metabolites related to diseases such as colorectal cancer.



Dysbiosis can also be caused by what's called post-infectious IBS. Most people who suffer gut infections (E.coli is an example of one) recover quickly. However, unfortunately, some do not. As your gut microbiota does what it does best (protect you from harm!) they might lose the battle against a particularly severe infection. This can result in dysbiosis, and subsequently cause IBS in some people.



Prolonged stress on a person actually inhibits their ability to produce something called immunoglobulin A. Immunoglobulin A plays a very important role. It helps to fight, (you guessed it) those bad microbes, otherwise known as pathogens.

Does Dysbiosis cause IBS?

Dysbiosis has been shown to be associated with several diseases and conditions, with IBS being one of them. Scientists are currently working on investigating just exactly HOW the microbiota can influence symptoms of IBS. There are medications approved in Canada for IBS (over the counter or prescription) that can help your symptoms. Consult your doctor to learn about your options.



CDHF.ca