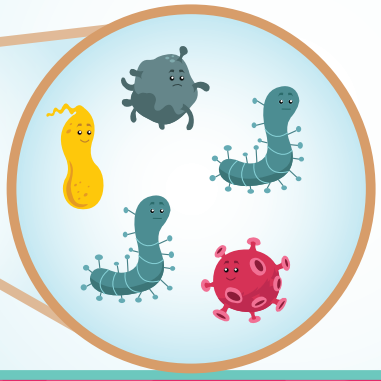
Microbiota: Senior Care

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.



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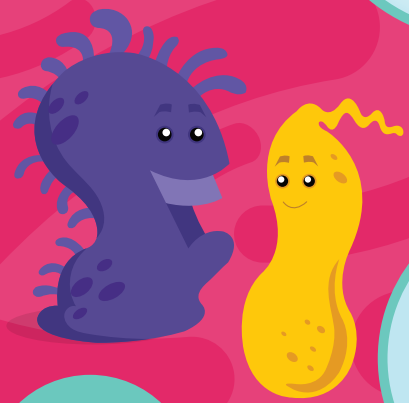
Factors that affect the microbiota as we age:

Diet and Lifestyle

Decreased Mobility

Weakened Immune System

Hospitalization, or the use of some Medications



Recent evidence supports that positively altering the microbiota with diet and including probiotics in your health routine can improve your health as you age.

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