

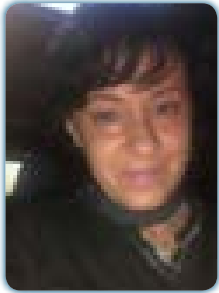
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6 Supplements and food that could influence the human microbiome

Probiotics, good bacteria that care for our health, especially those found in the gastrointestinal tract, support the high energy level, adjust the immune function, regulate glycemic level, contribute to the correct absorption of nutrients in food, to an optimal energy state and play an important role in digestive health. Practically, the presence of good bacteria determines how we feel every day. Since probiotics are living organisms, it is difficult to assimilate a maximum amount that works for preventive purposes. Probiotics, once in TGI, are fed by prebiotics. Prebiotics are actually soluble fiber, used by good bacteria in particular, as combustion, they are not digested, and their purpose is to feed the bacteria from the TGI. Feeding good bacteria increases the microbial potential of eubiosis, Magnesium: mineral required for the functioning of hundreds of enzymes in the intestine. The National Institutes of Health recommends a daily dose between 320 mg and 420 mg of magnesium, preferably through a diet that will maximize assimilation. The optimal magnesium level in the body contributes to the proper functioning of the immune system, regulates digestion and transit, supports the conversion of insulin into energy, supports the smooth functioning of the muscles, and the heart, may have the effect of mitigating menstrual cramps and hot flashes. Dynamics of nutrient absorption depends on several variables: Stress, More and more people are complaining about digestive problems caused by incorrectly induced absorption of stress. Many people take antacids to reduce the symptoms without realizing that they can lower the absorption capacity of certain nutrients, so they should not be taken for preventive purposes. Alcohol Consumption, even in moderation, but regular, influences the absorption / transfer capacity of gastrointestinal walls. Caffeine, Iron is negatively influenced by caffeine consumption, and iron is particularly directly affected. That is why coffee will be consumed at 1 hour away from meals or supplements.

Biography

Cristina Mocanu is an Associated Professor at Faculty of Medicine, Endocrinology Department in Titu Maiorescu University, Romania.

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