



# Dr Georges MOUTON MD

Functional Medicine

## QUOTE GM #02

12/02/17

Titre

Créé le

### THE MICROBIOME - GUT - BRAIN AXIS IN HEALTH AND DISEASE

Gastroenterol Clin North Am. 2017 Mar;46(1):77-89. doi: 10.1016/j.gtc.2016.09.007. Epub 2017 Jan 4.

**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.”