

Specialists recommend probiotics for a good digestive function

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- *Dysbiosis is caused by Antibiotic consumption, smoking, emotional stress and poor nutrition.*
- *A verified bacterial strains probiotics intake such as L rhamnosus GG, is a novel, safe and non-invasive treatment for gastrointestinal disorders.*
- *PiSA Pharmaceuticals presents its new symbiotic: it includes probiotics and prebiotics, and is added with zinc, an element recommended by the World Health Organization (WHO) after an episode of diarrhea.*

Guadalajara, Jalisco, September 8, 2020 - Microorganisms, such as fungi, viruses and bacteria, reside by millions in our intestines and live together in a close relationship with our cells for the benefit of our organism. This delicate environment is known as microbiota.

Intestines, along with the skin, constitute the largest organs of the human body. They are between 6.5 and 8.5 meters in length and they are formed by three different layers. One of them is the mucosa, which is in direct contact with the food we eat while harboring a large amount of bacteria, both good and bad, that make it possible for us to carry out the digestion process.

As part of the virtual conference, "The importance of gastrointestinal health in times of COVID-19," Dr. Héctor Raúl Pérez Gómez, a medical specialist in infectious diseases and member of the National System of Researchers, Level I, explained that, "the mucous membrane of our intestine is the place where bacteria of all kinds establish themselves and are absorbed into the bloodstream. The intestine constitutes the first battle line of our immune system, since both systems - the digestive and the immune - are intimately linked".

The infectious disease specialist explained that a poorly balanced diet, smoking, antibiotics, non-steroidal anti-inflammatory drugs (NSAIDs), among other things, weaken intestinal cells producing alterations in the delicate ecosystem of our microbiota.

Dysbiosis is an alteration in the microbiota. This generates an immune response that produces swelling and it is associated with Inflammatory Bowel Disease (IBD), commonly called colitis.

The microbiota is like a fingerprint, no two human beings have the same one, and it is determined by each individual's lifestyle; even by the route of birth, a person born by natural childbirth, will have a different microbiota than one born by cesarean section.