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**Welcome to the
Pattaya Expats Club
Tuesday 2nd July 2024**

Probiotics & Gut Health



Understanding the Impact of Probiotics on Digestive Health



Why Gut Health Is important

“Pretty much everything can be linked back to the microbes in your gut,”

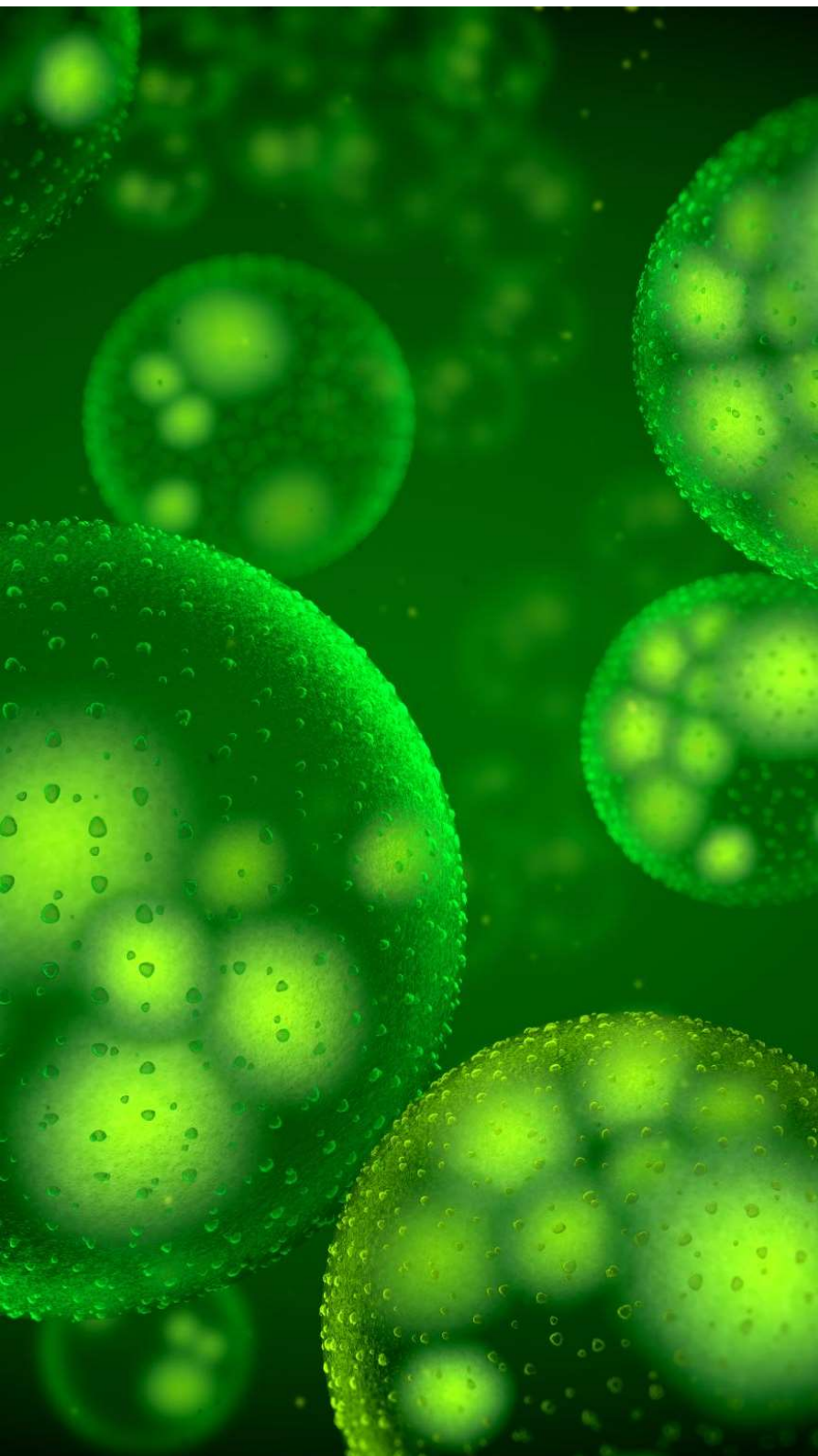
- From hormone regulation to the immune system to our moods, “Keeping your gut microbes healthy is one of the most important things you can do for your health.”

Orla O’Sullivan, a research fellow at Teagasc [Food](#) Research Centre and University College Cork.



The Gut Microbiome

- **Definition:** collection of all the microbes living in the digestive tract, primarily in the intestines.
- **Importance:** It plays a crucial role in maintaining overall health by aiding digestion, producing essential nutrients, and protecting against harmful pathogens.



Composition of the Gut Microbiome

- **Microbial Diversity:** consists of thousands of different species of microbes, with bacteria being the most abundant.
- **Balance:** A healthy gut microbiome maintains a balance between beneficial and harmful microbes, contributing to a well-functioning digestive system.

Functions of the Gut Microbiome



Digestion: Helps break down complex carbohydrates, proteins, and fats, aiding in nutrient absorption.



Immune System: Regulates the immune system and protects against infections by outcompeting harmful pathogens.




Metabolism: Influences metabolism and energy production.



Mental Health: Contributes to the gut-brain axis, affecting mood, behavior, and cognitive functions.

Factors Affecting the Gut Microbiome

Diet: High-fiber foods, fermented foods, and a diverse diet support a healthy microbiome.



Antibiotics: Can disrupt the balance by killing beneficial bacteria.



Lifestyle: Stress, sleep, and physical activity also impact the gut microbiome.

Health Benefits of Probiotics

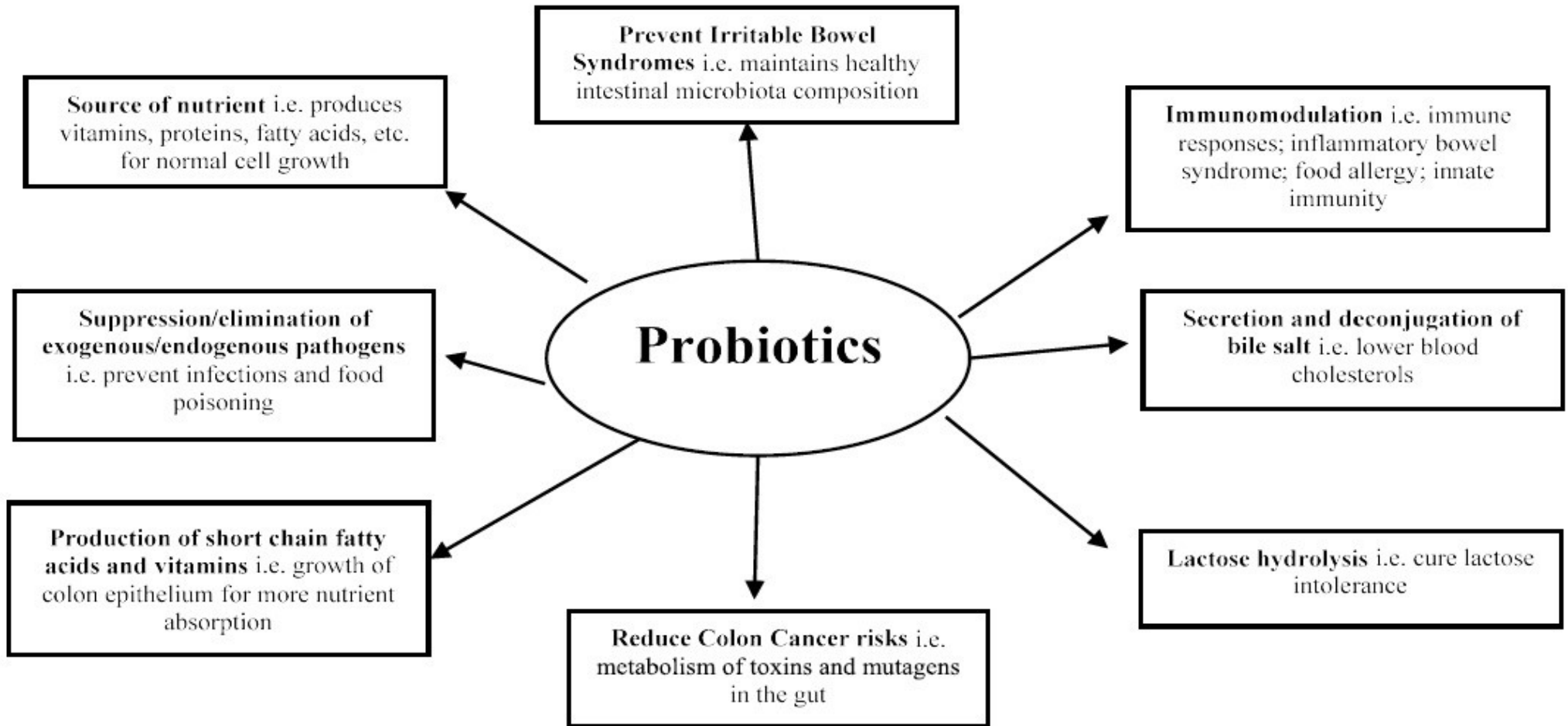
Improved digestion

Enhanced immune function

Reduction in gastrointestinal issues (IBS, diarrhea)

Potential mental health benefits (gutbrain axis)

Benefits of Probiotics



Mechanisms of Action

How
Probiotics
Work

Colonization of the gut

Balancing harmful and beneficial bacteria

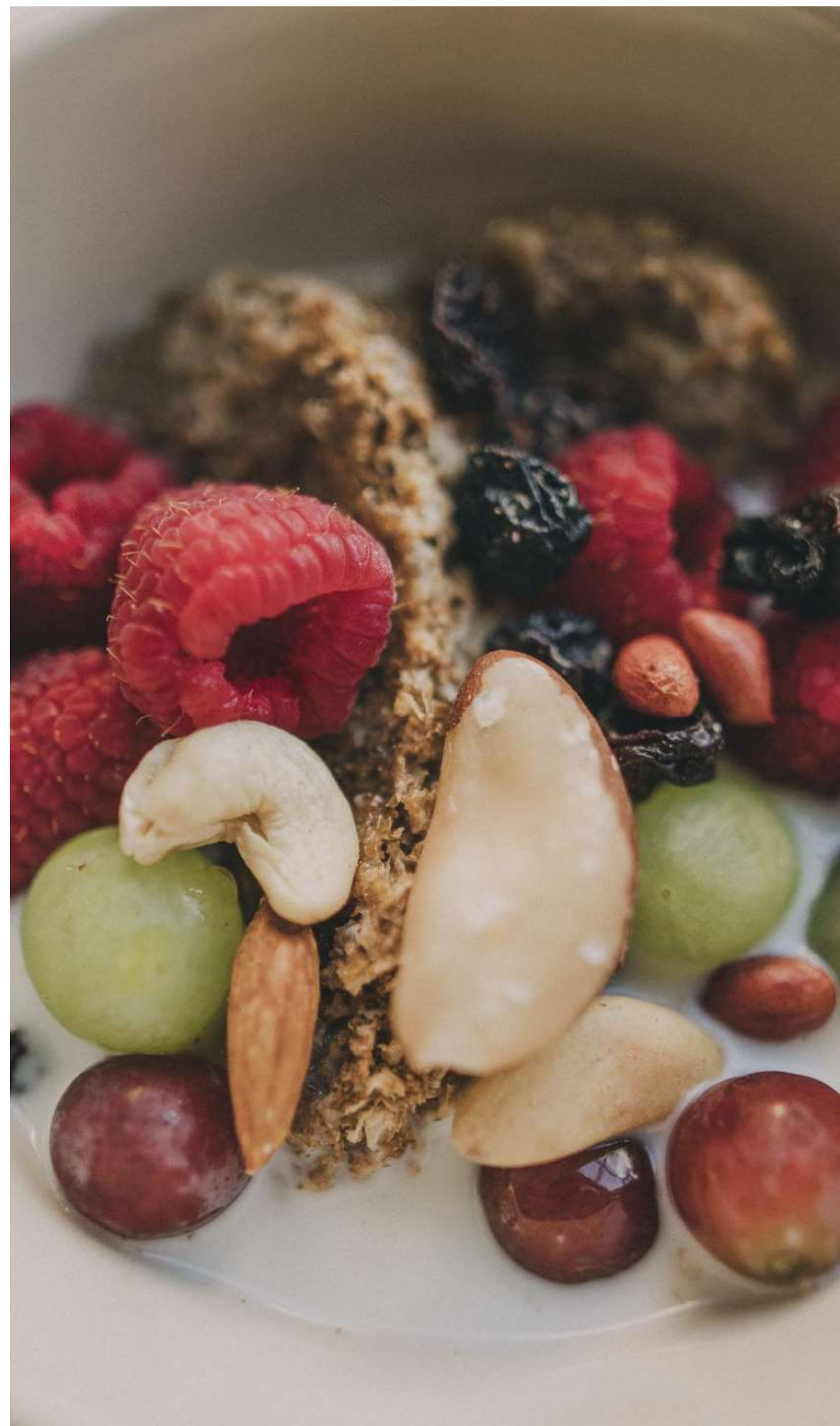
Production of shortchain fatty acids

Immune modulation

Probiotics in Foods

Dietary Sources of Probiotics

- Fermented foods (yogurt, kefir, sauerkraut, kimchi)
- Probiotic rich beverages (kombucha, fermented teas)
- Probiotic supplements (capsules, powders)



Gut Microbiota & Parkinsons



Parkinson's disease is a neurodegenerative disorder characterized by tremors and a loss of coordination that usually affects people over the age of 60.



A new study compared the gut microbiota of people with Parkinson's disease in five countries.



Researchers found that although people from each country had different gut bacteria, **all those with Parkinson's had fewer bacteria that make vitamins B2 (riboflavin) and B7 (biotin).**



The researchers suggest that this could contribute to neuroinflammation and that supplementation with these vitamins may be beneficial for some people with the condition.

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Fah Talai Jone Delisted

Public Health Ministry removes green chiretta (fah talai jone) from essential Covid-19 medicines list.

- State hospitals will use expensive imported anti-viral drugs like nirmatrelvir-ritonavir, favipiravir, remdesivir, or molnupiravir.
- Green chiretta costs 80-120 baht per course; favipiravir costs 2,000-3,000 baht.
- Removing the herb reduces medical independence.
- The health minister should relist the herb and support international research to highlight its efficacy.



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