

Microbiota,
these
bacteria
that do us good

"THE MICROBIOTA
COULD HAVE AN INFLUENCE
ON BEHAVIOUR"

I CAN CONFIRM THAT!
SINCE I FOUND OUT
I HAVE ALL THOSE THINGS
INSIDE ME...

... I'VE BEEN
A DIFFERENT
PERSON!



Gérard Corthier
Katrine Leverage

Un *Kinoë* dans les clouds Editions

I want to know all
about gut

bacteria



A book for understanding my body

collection

Un K'Noë dans les Cloups Editions

This book is devoted to good bacteria; the ones that form the majority of our microbiota. As it is always the case, you will find bad apples (bacteria which are called "pathogenic"). Those bacteria are not the subject of this book.

The microbiota cannot be described in just a few pages, and its functions cannot be summed up in one book, no matter how ambitious it might be.

The microbiota are arousing the curiosity of hundreds of researchers. It would be very pretentious to claim to summarise its secrets in a hundred pages or so.

What the authors hope to do with this book is simply to break through the veil of anonymity surrounding the microbiota, particularly given that it lives inside all of us.

Un K'Noë dans les Cloups Editions

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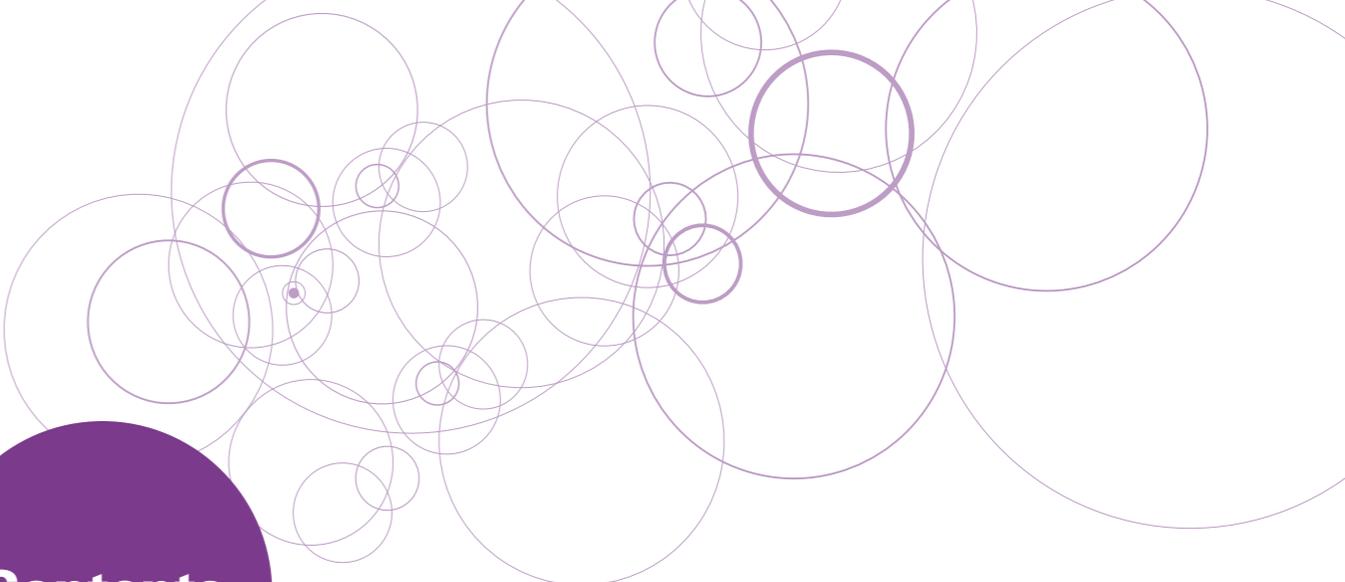
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Contents

<i>CHAPTER 1</i>	<i>I want to know all about the microbiota</i>	<i>p. 9</i>
<i>CHAPTER 2</i>	<i>I want to know all about bacteria</i>	<i>p. 21</i>
<i>CHAPTER 3</i>	<i>I want to know why babies are born without microbiota</i>	<i>p. 31</i>
<i>CHAPTER 4</i>	<i>I want to know about the effects microbiota have on my health ..</i>	<i>p. 37</i>
<i>CHAPTER 5</i>	<i>I want to know about the bacteria added to our food</i>	<i>p. 47</i>
<i>CHAPTER 6</i>	<i>I want to know all about probiotics</i>	<i>p. 61</i>
<i>ADDENDUM</i>	<i>I want to know even more about the microbiota</i>	<i>p. 70</i>
<i>GLOSSARY</i>	<i>I want to know the definitions of the highlighted words</i>	<i>p. 85</i>



There, we've said it: our intestine could be our second brain

Our intestine, the organ no one dares to talk about in public, yet gas' bacteria make its presence felt in our intestine which can place us in very uncomfortable situations in relation to our family and friends or, worse still, can make us seriously unwell.

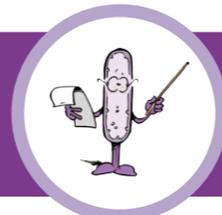
And yes indeed, scientists state that this organ, which it would be more appropriate to refer to as the **digestive system**, brings together a large number of neuronal circuits, which many of us thought were mainly located in our brain.

So, if we absorb an infected food, its **capacity to communicate with the brain** enables it to warn the brain so that it can interrupt digestion by provoking nausea, vomiting and diarrhoea.

So the result is that our intestine has been promoted. But there are many other good reasons for perceiving it as an important organ.

First of all, due to its **key role** (which everyone knows about) in **digestion**, as it is the organ that **enables the nutrients, provided by the food, to pass into the blood stream in order to nourish us.**

Then, and this is not an inconsiderable thing, because **it hosts the microbiota**, a world consisting of living organisms (mainly bacteria), which take care of our health.



Entering the fascinating world of the microbiota involves learning to get to know yourself better!