

Chapter 6

The Human Gut Microbiome: A Window into Wellness

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Abstract

Inside the human being gut there are millions of microorganisms are found like bacteria, viruses, archaea and varieties of fungi all of these collectively known as gut microbiota. All of these microorganisms are found in the gut of the human beings particularly in the large intestine, they really play very important role in the maintaining the health of the human. The gut microbiota is also known as the “second brain” because it gave a major influence on digestion, metabolism, immunity, and even in the function of the brain.

Each person has a unique gut microbiota, it basically based on genetics, person’s overall diet, environment, and sometimes even lifestyle also influence