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Functional Medicine

QUOTE GM #12

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Title

Created

## MECHANISMS AND CONSEQUENCES OF INTESTINAL DYSBIOSIS

MMW Fortschr Med. 2016 Dec;158(Suppl 6):12-16. Epub 2016 Dec 8.

**[Long-term HRV analysis shows stress reduction by magnesium intake].**

[Article in German]

Wienecke E<sup>1</sup>, Nolden C<sup>2</sup>.

### Author information

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*"The composition of the gut microbiota is in constant flow under the influence of factors such as the diet, ingested drugs, the intestinal mucosa, the immune system, and the microbiota itself. Natural variations in the gut microbiota can deteriorate to a state of **dysbiosis** when stress conditions rapidly decrease microbial diversity and promote the expansion of specific bacterial taxa."*

*"A multitude of diseases including inflammatory bowel diseases but also metabolic disorders such as obesity and diabetes type II are associated with intestinal dysbiosis. The characterization of the changes leading to **intestinal dysbiosis** and the identification of the microbial taxa contributing to pathological effects are essential prerequisites to better understand the impact of the microbiota on health and disease."*