



Did You Know?

General Knowledge of the Gastrointestinal System

Intestinal Bacteria: Supporting a Healthy Body from Within



The intestine, often called the 'second brain'

Think the intestines are just for digesting food? In fact, they play a crucial role in our overall health.



The intestines are filled with a wide variety of bacteria

There are about 100 trillion bacteria in our intestines, and they are collectively referred to as the 'intestines flora.'



The balance of bacteria in the intestines

There are three types of intestinal bacteria: beneficial, opportunistic, and harmful, and maintaining a '2:7:1' balance is key to overall health.



The impact of an unhealthy lifestyle

Unhealthy eating habits, lack of sleep, and insufficient exercise are some of the factors that disrupt the balance of bacteria in the intestines.



Restore the balance of bacteria in your gut

The key is to review our lifestyle habits. When the gut is balanced, it promotes the production of short-chain fatty acids, benefiting our health.

Healthy Body from Within

Are You Familiar with Short-chain Fatty Acids?

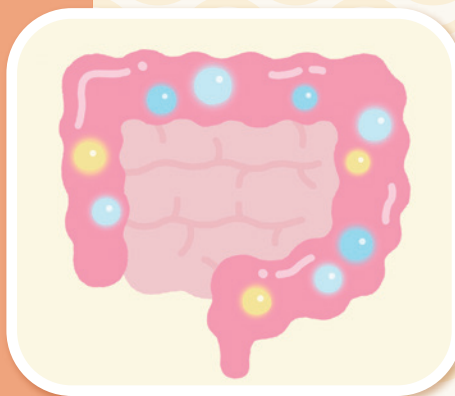


Editorial supervision

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"Keeping your stomach and intestines healthy starts with a balanced diet, stress control, and regular exercise. Your gut affects digestion, immunity, mental health, and even the risk of lifestyle diseases and allergies. A healthy gut produces short-chain fatty acids, which are key to maintaining overall health. By looking after your gut, you can increase short-chain fatty acids and support your well-being."



Short-chain fatty acids play a role in immunity and metabolism

In a balanced gut microbiome, short-chain fatty acids are more easily produced.



Regulate the immune system

By regulating the immune system, it lowers the risk of diseases such as cancer.



Increase energy expenditure

It boosts metabolism, helping to slow aging and contribute to a healthy body.



Supports the development of a body that is less likely to gain weight

With appetite-suppressing effects and the ability to reduce fat storage, it contributes to building a body that is less prone to gaining weight.



Balance your gut environment and achieve health from within

A healthy gut is the foundation for overall health. Why not prioritize your gut for better health?