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unique to you the stomach is located in the upper left area of the abdomen below the liver and next to the spleen its main function is to store and break down the foods and liquids that we consume before nutrition how does your gut microbiome impact your overall health the bacteria and other microbes in your gut help you digest food and may support immune heart and brain health among other the key experts say may lie in the microbiome the makeup of bacteria and other microorganisms in the stomach and intestines or informally the gut research on the microbiome is still in an unhealthy gut lining may have large cracks or holes allowing partially digested food toxins and bugs to penetrate the tissues beneath it this may trigger inflammation and changes in the gut flora normal bacteria that could lead to problems within the digestive tract and beyond your gut microbiome affects your heart lungs and mental health keep it healthy by reducing stress and eating a diet full of fiber and fermented foods but what exactly is a gut microbiome the gastrointestinal tract is an organ system that enables us to ingest food via the mouth digest it by breaking it down absorb it and then expel the remaining waste as faeces via the anus the gastrointestinal tract is made up of a series of hollow organs joined together in a long tube with many folds from the mouth to the anus the gut refers to your gastrointestinal gi system the health of which is generally determined by the levels and types of bacteria in your digestive intestinal tract to understand the impact of gut health it s important to understand how the gut works gut dysbiosis is an imbalance of gut microorganisms like bacteria fungi and protozoa in your intestines a balanced gut flora microbiome supports functions like digestion and immune gastritis is an inflammation of the stomach lining the stomach lining is a mucus lined barrier that protects the stomach wall weaknesses or injury to the barrier allows digestive juices to damage and inflame the stomach lining several diseases and conditions can increase the risk of gastritis

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