



HEALTH RECORD INTESTINAL DYSBIOSIS

The gut microbiota consists of billions of microorganisms that play an essential role in digestion, immunity, and certain metabolic functions. Dysbiosis refers to an alteration of this balance.

Symptoms

- ✓ Bloating
- ✓ Gas
- ✓ Indigestion
- ✓ Constipation or diarrhea
- ✓ Fatigue
- ✓ Food sensitivities
- ✓ Chronic digestive discomfort

Contributing factors

- Antibiotics
- Diet low in fiber
- Chronic stress
- Digestive infections
- Lack of physical activity

Conventional treatments

There is no single treatment. Management depends on the symptoms and their origin.

Complementary approaches

A diet rich in fiber, favorable lifestyle habits and, in certain situations, the targeted use of probiotics or prebiotics can be discussed with a healthcare professional.

When to consult a doctor?

In cases of persistent digestive problems, repeated abdominal pain, or when symptoms impair quality of life.

Bellis Wellness Clinic Approach

Our support aims to gradually restore digestive balance through an individualized assessment of lifestyle, diet and factors that may influence the microbiota.

