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Author: Jan Bilski, Dagmara Wojcik, Aleksandra ...

Publish Year: 2020

Putting a stop to leaky gut - Harvard Health Blog ...

<https://www.health.harvard.edu/blog/putting-a-stop-to-leaky-gut-2018111815289>

Nov 18, 2018 · Sticking to a regular exercise program also can strengthen your digestive system. For example, studies have suggested that taking a 15-to 20-minute walk after a meal can aid in digestion. "Your gastrointestinal system is complex, but caring for it doesn't have to be," says Dr. Fasano.

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Further, we describe the **dysbiosis** within the **gut** microbiota observed in different AID and speculate how **restoring gut** microbiota composition and its regulatory metabolites by dietary intervention including prebiotics and probiotics could help in **preventing** or ameliorating AID.

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Which is an example of inflammation-driven dysbiosis? ▾

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Are there any therapies for inflammatory bowel disease? ▾

Feedback

The gut microbiota and inflammatory bowel disease

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4281375>

Nov 25, 2014 · Inflammatory bowel disease (IBD) is a chronic and relapsing inflammatory disorder of the gut. Although the precise cause of IBD remains unknown, the most accepted hypothesis of IBD