



## Effects of Prebiotics, Probiotics on Dysbiosis of Gut Microbiota and Gut Health

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### Message from the Guest Editor

Dear Colleagues,

As over half of the human body consists of microbiota cells, it is evident that the microbiota plays an essential role in human health and disease. An unbalanced gut microbiota/dysbiosis is linked to many diseases such as inflammatory bowel disease, irritable bowel diseases, autism, and Parkinson's disease, etc. In the last two decades, there has been enhanced focus on the effects of probiotics and prebiotics on gut health, intestinal dysbiosis and on the brain-gut axis. Probiotics are living non-pathogenic microorganisms that can promote the healthy balance of the gut microbiota in the host when administered in adequate amounts. For a non-pathogenic microorganism to be classified as a probiotic, it must have a beneficial effect on the recipient's microbiota. Prebiotics are food ingredients that are non-digestible and selectively stimulate both bacterial growth and the activity of probiotics, benefiting the host GIT, such as antioxidant and host beneficial fatty acids. We welcome your submissions.

Dr. Hengameh Chloè Mirsepassi-Lauridsen

Guest Editor





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