

## **A FEW OF THE THINGS THAT INTESTINAL MICROBES DO FOR THEIR HUMAN HOST**

- **Digest food**
- **Regulate acid balance in the gut**
- **Activate and deactivate drugs**
- **Control sugar metabolism**
- **Train the immune system**
- **Generate energy**
- **Produce vitamins**
- **Prevent colon cancer**
- **Protect the intestinal lining from invasion**
- **Regulate bile metabolism**
- **Regulate gut motility (diarrhea/constipation)**
- **Regulate permeability of the gut**
- **Stimulate mucus production in the gut**
- **Stimulate production of protective antibodies in the gut**
- **Regulate feelings of hunger and satiety**
- **Control mood and behavior**