



WHAT IS THE IMPORTANCE OF THE GUT MICROBIOME IN OUR HEALTH?

ARI GRINSPAN: The bugs that live in our gut play a very important role in keeping us healthy. They help us digest certain foods that we just can't digest-- so fiber foods.

They come down the intestine. They go down. We don't really do much with it. It goes into our large intestine, and that's where the bacteria digest it. And they can break it down, and that gives them food. And the by product of that digestion gives us food. It also helps with our immune system.