Intestinal microflora analysis

Our body is influenced not only by the external environment, but also by all microorganisms inhabiting our body, collectively referred to as the microbiome. To find out its composition, which is individual to every human, we perform a special study analyzing the distribution of the dominant species in the intestinal flora. A diet low in fiber, or with alcohol use and certain medications such as antibiotics, affect the biodiversity in the gut, which results in poor physical condition and malaise. Appropriate eating habits and well-chosen supplementation under specialistic supervision can restore the microbiological balance in the digestive system and improve your quality of life.