



WHAT IS THE GUT MICROBIOME?

ARI GRINSPAN: The microbiome refers to the community of microbes in a habitat and how those microbes interact with the habitat. When we say gut microbiome, we're referring to all the microbes that inhabit our large intestine or the colon. And that's where we have trillions of these bugs. But it's not just the bugs, it's also how they interact with the host-- with us.

Now, the microbiota, also called flora, or gut flora, are-- is just referring to the bugs themselves-- so just the microbes-- just the bugs.