

FUNCTION OF INTESTINAL BACTERIA

The primary **function** of the **microflora in the large intestine** is to salvage energy from carbohydrate *not digested in the upper intestines*.

This occurs through fermentation and absorption of the major products, which are - short chain fatty acids,
which represent 40% to 50% of the available energy of the carbohydrate.

These short-chain fatty acids are metabolized by:

Acetate	by	colonic epithelium
Propionate	by	liver
Butyrate	by	muscle

Intestinal bacteria also help

synthesize	vitamins B(s) and K
metabolize	bile acids, sterols and xenobiotics (toxins)

In the presence of these fermentable carbohydrate substrates,

non-starch polysaccharides
resistant starch
oligosaccharides

bacteria grow and **actively synthesize amino acids, and proteins**.
It is not known if these amino acids and proteins are absorbed.

The **toxins** produced by bad bacteria are absorbed.

The vitamins B & K are absorbed.

Fermentation products of yeast are absorbed, and aggravate most cases of autism.
The altered **xenobiotics** are, as some are very toxic, suspected of causing:

cancer
fibromyalgia
headaches
arthritis, and "auto immune disease"

About **15 grams of biomass** is excreted in the feces every day containing 1 gram of bacterial-Nitrogen.

There are more bacteria in your gut than cells in your body.

All the bacteria in your gut when put together weigh about the same as your liver.