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Uzorak
Stolica

Laboratorij
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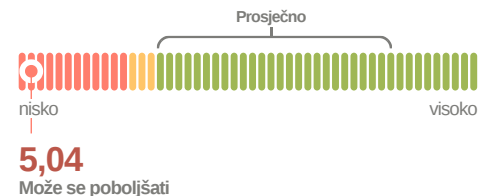
1. Zdravlje mikrobioma

Mikrobna raznolikost

Ukupna raznolikost vaših crijevnih bakterija mogla bi biti bolja. Naši savjeti pomoći će vam ojačati crijevni mikrobiom i unaprijediti vaše zdravlje.

Bogatstvo vrsta: 203 (Prosječno : 202-322)

Ujednačenost vrsta : 0,66 (Prosječno : 0,72-0,78)



Dodatne informacije

Mikrobna raznolikost opisuje raznolikost vašeg crijevnog mikrobioma i sastoji se od bogatstva vrsta i ujednačenosti vrsta. Raznolikost je najvažniji parametar za analizu zdravlja vašeg crijevnog mikrobioma. Ona mjeri koliko je različitih bakterijskih vrsta (bogatstvo vrsta) prisutno u crijevima i koliko su ravnomjerno raspoređene među pojedinim vrstama (ujednačenost vrsta).

Bakterijska zajednica s visokom raznolikošću stoga se sastoji od mnogih različitih vrsta, a pojedinci su ravnomjerno raspoređeni.

Raznolikost se računa pomoću "Shannonova indeksa" – broja koji vidite u grafikonu. Ovaj indeks uzima u obzir i bogatstvo vrsta i ujednačenost (raspodjelu pojedinaca među tim vrstama). Što je vrijednost viša, to bolje!

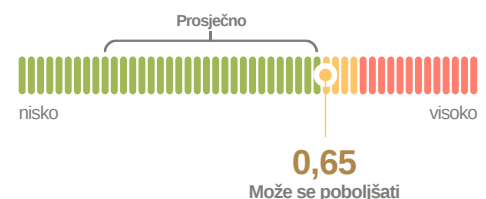
Istraživanja pokazuju da se niska raznolikost može povezati s raznim zdravstvenim problemima, poput upalne bolesti crijeva, pretilosti, metaboličkih poremećaja i autoimunih bolesti.

Bogatstvo vrsta: Pokazuje broj različitih bakterijskih vrsta u uzorku stolice. Visoka vrijednost ukazuje na veliko bogatstvo vrsta.

Ujednačenost vrsta: Daje informacije o tome koliko je uravnotežena učestalost različitih tipova bakterija u vašem crijevu. Ravnomjernija raspodjela pomaže spriječiti dominaciju nekoliko vrsta, čime bakterijska zajednica postaje manje podložna poremećajima ili nepovoljnim promjenama.

Indeks disbioze

Vaš crijevni mikrobiom je u neravnoteži, što ukazuje na disbiozu. Naši savjeti mogu vam pomoći da riješite ovaj problem, ojačate crijevne bakterije i vratite ravnotežu crijevnom mikrobiomu.



Dodatne informacije

Disbioza se odnosi na neravnotežu u vašem crijevnom mikrobiomu, kada potencijalno štetne bakterije brojčano nadmašuju korisne. Ova neravnoteža može biti posljedica različitih čimbenika, uključujući neuravnoteženu prehranu bogatu ultraprocesiranom hranom, životne navike poput kroničnog stresa, nedostatka tjelesne aktivnosti ili nedovoljno sna, kao i redovite upotrebe lijekova. Određena medicinska stanja, osobito upalne bolesti crijeva, također mogu povećati rizik od disbioze. Indeks disbioze kvantificira ozbiljnost ove neravnoteže i može biti koristan za praćenje promjena u mikrobiomu tijekom liječenja ili prilagodbi prehrane.

Enterotip



Enterotip 3 („Ruminococcus“) povezan je s prehranom koja je uravnotežena i bogata složenim ugljikohidratima, uključujući vlakna.

Enterotip 3: Ruminococcus

Dodatne informacije

Enterotipovi kategoriziraju crijevni mikrobiom u tri dominantne bakterijske skupine, koje čine „osnovni mikrobiom“ tijekom ranih godina života, ponajprije pod utjecajem genetskih čimbenika i prehrambenih navika. Postoje dokazi da vaš enterotip može utjecati na to koju hranu možete posebno dobro metabolizirati i koliko učinkovito se vitamini proizvode u vašem crijevu. Dugoročne prehrambene navike, zajedno s dobi, zdravstvenim stanjem i primjenom lijekova, mogu utjecati na vaš enterotip.

Imajte na umu da ova klasifikacija i vaš rezultat pokazuju samo sklonost te se tipovi mogu preklapati.

Enterotip 3

Enterotip 3 obilježen je dominacijom bakterijskog roda Ruminococcus. Ovaj enterotip osobito je čest kod osoba s miješanom prehranom. Bakterije Ruminococcus brzo i učinkovito razgrađuju neprobavljive sastojke hrane te ih pretvaraju u tvari koje pogoduju zdravlju, poput kratkolančanih masnih kiselina. Ruminococcus proizvodi više enzima koji mogu razgraditi neprobavljive ugljikohidrate, poput vlakana, i pretvoriti ih u energiju. Međutim, te bakterije mogu i oštetiti crijevnu sluznicu razgrađujući šećerno-proteinske komplekse prisutne u njoj.

Enterotip 1

Enterotip 1 („Bacteroides“) povezuje se s prehranom bogatom namirnicama životinjskog podrijetla.

Enterotip 2

Enterotip 2 („Prevotella“) povezuje se s prehranom koja se temelji na biljkama, bogatom voćem, povrćem, mahunarkama i cjelovitim žitaricama.

2. Interakcija crijevo–tijelo

Crijevno-imunološka os

Visoka podrška vašem imunološkom sustavu



Čini se da sastav vaših crijevnih bakterija dobro podupire vaš imunološki sustav.

Dodatne informacije

Os crijevo–imunitet opisuje povezanost i interakciju između crijeva i imunološkog sustava tijela. Više od 70% imunološkog sustava nalazi se u crijevima i podupiru ga bakterije koje tamo žive. Određene bakterije aktiviraju imunološke stanice ili reguliraju njihovu aktivnost te proizvode protuupalne tvari poput kratkolančanih masnih kiselina. Zdravlje vašeg crijevnog mikrobioma ključno je za snažan imunološki sustav.

Upalni potencijal

Moguće je da imate upalu u crijevima. Vaš upalni potencijal je povišen. Naši savjeti mogu vam pomoći povećati broj i aktivnost protuupalnih bakterija.



Visok upalni potencijal

Vaš rezultat sastoji se od 4 metabolička puta za proizvodnju LPS-a:

- Šećerni gradivni blokovi za LPS
- Prošireni LPS moduli
- Površinski antigeni
- Prekursor za LPS

Dodatne informacije

Upalni potencijal u vašim crijevima može se izračunati pomoću **lipopolisaharida (LPS)**. LPS su molekule koje se nalaze u staničnim stijenkama određenih bakterija. Najnovija istraživanja pokazuju kako sastav crijevnog mikrobioma (uključujući vrste i količine bakterija koje proizvode LPS) utječe na imunološki sustav u crijevima.

Određene bakterije mogu koristiti opisane metaboličke putove za proizvodnju LPS-a. Ako u crijevima postoji previše bakterija koje proizvode LPS, povećava se potencijal za upalu.

Osim toga, indeks disbioze i snaga imuniteta važni su parametri koji mogu utjecati na upalni potencijal u crijevima.

Os crijevo–koža

Čini se da vaš crijevni mikrobiom podupire zdravlje kože.

Niska sklonost kožnim problemima



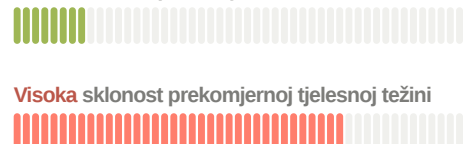
Dodatne informacije

Os crijevo–koža opisuje povezanost između crijevnog mikrobioma i zdravlja kože. Kožne bolesti poput akni, neurodermatitisa i psorijaze često su uzrokovane upalnim procesima u tijelu, koji se zatim očituju na površini kože. Crijevne bakterije mogu izravno regulirati imunološki sustav i upalne procese u tijelu. Stoga je moguće donijeti zaključke o zdravlju kože analizom bakterija pronađenih u uzorku stolice.

Upravljanje tjelesnom težinom

Vaše crijevne bakterije mogle bi vam bolje pomoći u kontroli tjelesne težine. Ako težite zdravstvenim ciljevima, potražite dodatni individualni savjet od liječnika.

Niska sklonost pothranjenosti



Dodatne informacije

Sastav crijevnih bakterija utječe na različite aspekte metabolizma, poput stvaranja energije iz hrane. Nekoliko studija pokazuje da crijevne bakterije imaju ulogu u regulaciji tjelesne težine. Neke su bakterije povezane s vitkom građom, dok druge mogu pridonijeti pretilosti.

Vaša crijeva mogu sadržavati i bakterije povezane s pothranjenošću i one povezane s prekomjernom tjelesnom težinom.

Drugi važni čimbenici u regulaciji tjelesne težine uključuju mikrobnu raznolikost i kratkolančane masne kiseline koje proizvode bakterije.

3. Zdravlje crijeva

Sindrom propusnog crijeva

Sastav vaših crijevnih bakterija ukazuje na mogući sindrom propusnog crijeva. Ako patite od probavnih tegoba ili simptoma, preporučujemo da se obratite liječniku.

Visoka sklonost sindromu propusnog crijeva



Dodatne informacije

Sindrom propusnog crijeva opisuje povećanu propusnost crijevne sluznice. Ona regulira koje tvari prolaze iz crijeva u krvotok. Ako je crijevna sluznica oštećena, neželjene tvari mogu ući u tijelo i potaknuti upalu. Za održavanje netaknute crijevne sluznice ključan je zdrav crijevni mikrobiom. Korisne crijevne bakterije pomažu u jačanju crijevne barijere i smanjenju upale. Imajte na umu da je visoka raznolikost presudna za očuvanje zdrave crijevne sluznice.

S druge strane, ako su vaše crijevne bakterije u neravnoteži, određene se bakterije mogu prekomjerno razmnožiti i pretjerano razgrađivati stanice sluznice, čineći crijevu sluznicu još „propusnijom“. To može dovesti do sindroma propusnog crijeva. Oštećena crijevna sluznica povezuje se s povećanim rizikom od kronične upale, intolerancija na hranu, autoimunih bolesti, sindroma iritabilnog crijeva i kožnih bolesti, između ostalog.

Sindrom iritabilnog crijeva

Niska sklonost sindromu iritabilnog crijeva



Čini se da ne postoji povezanost između vaših crijevnih bakterija i sindroma iritabilnog crijeva.

Dodatne informacije

Sindrom iritabilnog crijeva (IBS) čest je gastrointestinalni poremećaj koji se očituje simptomima poput proljeva i/ili zatvora, nadutosti i bolova u trbuhu. Studije pokazuju da oboljeli često imaju nepovoljan sastav i manju raznolikost crijevnih bakterija u usporedbi s osobama bez IBS-a. Postoji niz uzroka koji mogu potaknuti sindrom iritabilnog crijeva ili pogoršati simptome. Čini se da psihološki čimbenici, poput stresa, imaju osobito važnu ulogu. Osim toga, pothranjenost, nedostatak nutrijenata, druge bolesti, toksini, manjak želučane kiseline, lijekovi, infekcije i neravnoteža u crijevnom mikrobiomu ubrajaju se među moguće okidače.

SIBO

Visoka sklonost SIBO-u



Vaš crijevni mikrobiom ukazuje na mogući prekomjerni rast bakterija u tankom crijevu. Ako imate simptome, preporučujemo da se obratite liječniku.

Dodatne informacije

SIBO (prekomjerni rast bakterija u tankom crijevu) označava stanje u kojem dolazi do pretjeranog umnažanja bakterija u tankom crijevu. Uobičajeno, tanko crijevo sadrži znatno manje bakterija nego debelo crijevo. Kod SIBO-a, međutim, povećava se prisutnost bakterija iz debelog crijeva u tankom crijevu. To se najčešće događa zbog usporene probave ili anatomskih promjena nakon operacije. Najčešći simptom je nadutost, no mogu se javiti i drugi probavni poremećaji te nedostatak hranjivih tvari (posebno vitamina B12).

Istraživanja pokazuju da prekomjerni rast bakterija u tankom crijevu također utječe na sastav bakterija u debelom crijevu. Uzorak stolice stoga može dati naznake o mogućoj prisutnosti SIBO-a. Ako je nalaz pozitivan, preporučuje se konzultirati liječnika i napraviti dodatni test daha.

Osjetljivost na gluten

Niska sklonost osjetljivosti na gluten



Sastav vašeg crijevnog mikrobioma ne daje dokaze o osjetljivosti na gluten. Čini se da hrana koja sadrži gluten ne uzrokuje nikakve simptome.

Dodatne informacije

Osjetljivost na gluten odnosi se na reakciju na gluten koja nije povezana s celijakijom (autoimunim odgovorom) ili alergijom na pšenicu. Gluten je protein koji se nalazi u žitaricama poput pšenice, pira, raži i ječma. Njegova konzumacija kod osoba s osjetljivošću na gluten može dovesti do probavnih smetnji i simptoma poput kroničnog umora i glavobolja.

Na temelju znanstvenih studija danas je moguće uspostaviti poveznicu između sastava crijevnog mikrobioma i potencijalne osjetljivosti na gluten.

4. Blagostanje

Mentalno blagostanje

Visoka sklonost mentalnoj neravnoteži



Vaši rezultati ukazuju na neravnotežu u osi crijevo–mozak, što može utjecati na raspoloženje, odgovor na stres ili kognitivne funkcije. Naši savjeti mogu pomoći u njegovanju vašeg mikrobioma i poduprijeti bolje mentalno zdravlje.

Dodatne informacije

Postoji snažna povezanost između mentalnog zdravlja i crijevnog mikrobioma, koja se često naziva „os crijevo–mozak“. To znači da bakterije u vašem crijevu mogu komunicirati s vašim mozgom i utjecati na njegovu funkciju. Određene crijevne bakterije mogu proizvoditi tvari poput neurotransmitera, metabolita i hormona koji šalju signale mozgu i utječu na njegov rad. Promjene u njihovim razinama mogu utjecati na raspoloženje te igrati ulogu u regulaciji socijalnog ponašanja, ponašanja sličnog depresiji i motivacije.

Komunikacija između crijeva i mozga dvosmjerna je. To znači da ne utječe samo crijevo na mozak, već i mozak može utjecati na crijeva. Primjerice, stres ili snažna emocionalna stanja mogu dovesti do promjena u funkciji crijeva i narušiti ravnotežu crijevnih bakterija.

Fizičko blagostanje

Visoka sklonost tjelesnoj neravnoteži



Vaše crijevne bakterije pokazuju znakove neravnoteže koja bi mogla utjecati na vašu fizičku kondiciju i vitalnost. Naši savjeti mogu vam pomoći da vratite ravnotežu mikrobioma i podržite svoje fizičko blagostanje.

Dodatne informacije

Redovita tjelesna aktivnost može pozitivno utjecati na sastav crijevnog mikrobioma povećavajući raznolikost crijevnih bakterija i podupirući rast korisnih bakterija koje proizvode kratkolančane masne kiseline. Odnos između tjelesne aktivnosti i crijevnog mikrobioma je dvosmjernan: tjelesna aktivnost ne utječe samo na mikrobiom, već i sastav crijevne flore pridonosi tjelesnoj izvedbi. Studije su pokazale da promjene mikrobioma kroz tjelesnu aktivnost mogu pomoći u prevenciji metaboličkih bolesti, jačanju imunološkog sustava i poticanju općeg blagostanja. Aktivni stil života stoga je ključan za očuvanje zdravlja crijeva i fizičkog blagostanja.

5. Metaboličko zdravlje

Regulacija šećera u krvi

Vaš crijevni mikrobiom mogao bi bolje podupirati osjetljivost na inzulin i regulaciju šećera u krvi. Naši savjeti mogu pomoći ojačati crijevne bakterije i poboljšati ravnotežu šećera u krvi.

Visoka sklonost nestabilnoj regulaciji šećera u krvi



📖 Dodatne informacije

Crijevni mikrobiom ima ključnu ulogu u regulaciji razine šećera u krvi utječući na metabolizam, osjetljivost na inzulin i upalne procese. Određene korisne bakterije pomažu razgraditi prehrambena vlakna u kratkolančane masne kiseline (SCFA), koje poboljšavaju osjetljivost na inzulin i smanjuju nagle skokove šećera u krvi. Osim toga, crijevni mikrobiom komunicira s endokrinim sustavom utječući na lučenje hormona poput glukagonu sličnog peptida-1 (GLP-1), koji potiče oslobađanje inzulina i pomaže održavanju stabilne razine šećera u krvi. Neravnoteža crijevnih bakterija (disbioza) povezuje se s povećanim rizikom od inzulinske rezistencije, dijabetesa tipa 2 i metaboličkih poremećaja. Njegovanjem raznolikog i zdravog crijevnog mikrobioma moguće je pozitivno utjecati na regulaciju šećera u krvi i cjelokupno zdravlje.

Regulacija krvnog tlaka

Vaš crijevni mikrobiom mogao bi bolje podupirati regulaciju krvnog tlaka. Naši savjeti mogu pomoći u ponovnom uspostavljanju ravnoteže crijevnih bakterija i poduprijeti zdravlje srca.

Visoka sklonost disreguliranoj regulaciji krvnog tlaka



📖 Dodatne informacije

Zdrav crijevni mikrobiom ima ključnu ulogu u regulaciji krvnog tlaka. Studije sugeriraju da hipertenzija može biti povezana s narušenom crijevnom florom i oslabljenom crijevnom barijerom, što omogućuje štetnim tvarima da uđu u tijelo i potaknu upalu, koja dodatno povisuje krvni tlak. Određene bakterije koje proizvode kratkolančane masne kiseline (SCFA) i imaju protuupalne učinke često su manje zastupljene kod osoba s hipertenzijom. Osim toga, crijevni mikrobi utječu na ključne čimbenike uključene u regulaciju krvnog tlaka, poput angiotenzina i signalizacije dušičnog oksida.

Os crijevo–jetra

Sastav vaših crijevnih bakterija ukazuje na moguću neravnotežu u osi crijevo–jetra. Slijedeći naše savjete možete poduprijeti zdrav mikrobiom i crijevnu barijeru, što zauzvrat pomaže u održavanju optimalne funkcije jetre.

Visoka sklonost neravnoteži u osi crijevo–jetra



📖 Dodatne informacije

Os crijevo–jetra odnosi se na blisku povezanost između mikrobioma u crijevima i zdravlja jetre. Ta su dva organa izravno povezana portalnom venom, koja prenosi tvari iz crijeva u jetru. Ova izravna veza znači da neravnoteža u crijevima može imati značajan utjecaj na jetru – i obrnuto.

Bolesti jetre poput masne jetre i upale često su povezane s crijevnom disbiozom – stanjem u kojem dolazi do smanjenja mikrobne raznolikosti, povećanja potencijalno štetnih bakterija te smanjenja korisnih bakterija koje proizvode kratkolančane masne kiseline (SCFA). Kada je crijevena barijera oslabljena, više štetnih tvari može ući u krvotok i dospjeti do jetre. To može preopteretiti zaštitne funkcije jetre i dovesti do upale, pojačanog imunološkog odgovora, oštećenja jetre i povećanog rizika od infekcija. Time se dodatno može povećati propusnost crijevne barijere i negativno utjecati na mikrobiom – stvarajući začarani krug.

Aktivnost štitnjače

Čini se da vaše crijevne bakterije podržavaju zdravu funkciju štitnjače potičući dobru apsorpciju hranjivih tvari i hormonsku ravnotežu, kao i doprinoseći snažnom imunološkom sustavu.

Niska sklonost hipertireozi



Niska sklonost hipotireozi



Dodatne informacije

Crijevni mikrobiom usko je povezan s aktivnošću štitnjače, osobito putem svog utjecaja na imunološki sustav. Crijevne bakterije imaju ključnu ulogu u regulaciji imunološkog sustava, koji je presudan u razvoju autoimunih bolesti štitnjače – poput Hashimotova tireoiditisa (često povezanog s hipotireozom) i Gravesove bolesti (često povezane s hipertireozom).

Promjene u mikrobiomu mogu dovesti do poremećaja u regulaciji imuniteta i upale, čime se potiče razvoj hipotireoze. Također mogu narušiti apsorpciju važnih nutrijenata poput joda, selen, željeza i cinka, koji su nužni za proizvodnju hormona štitnjače.

Naši podaci pokazuju da hipertireoza osobito dovodi do gubitka mikrobne raznolikosti u crijevima, što značajno narušava funkciju imuniteta i stabilnost crijevne barijere. Smanjena raznolikost mogla bi toliko poremetiti imunološki sustav da dovede do prekomjerne aktivnosti štitnjače.

6. Popisi bakterija

Omjer F/B

Vaš omjer F/B: 1,26

Referenca (%)

1,08 - 2,03

Bakterija	Učestalost (%)	Referenca (%)
Bacteroidota	41,57	30,88 - 45,11
Firmicutes	52,46	48,28 - 63,47

Probiotičke bakterije

Bakterija	Učestalost (%)	Referenca (%)
Akkermansia muciniphila	0,00	0,00 - 1,56
Bifidobacterium	0,45	0,03 - 0,66
Bifidobacterium longum	0,19	0,00 - 0,36
Lactobacillus	0,00	0,00 - 0,01

Bakterije koje proizvode mucin

Bakterija	Učestalost (%)	Referenca (%)
Akkermansia muciniphila	0,00	0,00 - 1,56
Bacteroides fragilis	0,22	0,00 - 0,26

Bakterija	Učestalost (%)	Referenca (%)
Bacteroides thetaiotaomicron	↑ 0,92 	0,02 - 0,65
Bifidobacterium	0,45 	0,03 - 0,66
Faecalibacterium prausnitzii	9,56 	3,44 - 11,31
Lactobacillus	0,00 	0,00 - 0,01

Bakterije koje proizvode butirat

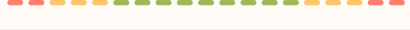
Bakterija	Učestalost (%)	Referenca (%)
Anaerostipes	↑ 0,45 	0,04 - 0,36
Coprococcus	↓ 0,00 	0,06 - 1,90
Eubacterium hallii group	↑ 0,36 	0,00 - 0,09
Faecalibacterium prausnitzii	9,56 	3,44 - 11,31
Roseburia	↑ 0,36 	0,00 - 0,16
Subdoligranulum	1,90 	0,30 - 2,50

Bakterije koje reduciraju sulfat

Bakterija	Učestalost (%)	Referenca (%)
Bilophila	0,17 	0,02 - 0,25
Bilophila wadsworthia	0,17 	0,00 - 0,24
Desulfovibrio	0,00 	0,00 - 0,23

Pregled svih bakterija

Koljeno	Rod	Učestalost (%)	Referenca (%)
Firmicutes	Acetanaerobacterium	0,01 	Nema podataka
Firmicutes	Agathobacter	0,34 	Nema podataka
Verrucomicrobiota	Akkermansia	0,00 	0,00 - 1,94
Bacteroidota	Alistipes	2,48 	1,35 - 4,96
Firmicutes	Anaerofilum	0,00 	0,00 - 0,01
Firmicutes	Anaerostipes	↑ 0,45 	0,04 - 0,36
Firmicutes	Anaerotruncus	0,00 	0,00 - 0,01
Bacteroidota	Bacteroides	↑ 36,65 	11,89 - 31,62
Bacteroidota	Barnesiella	↓ 0,00 	0,13 - 2,04

Koljeno	Rod	Učestalost (%)	Referenca (%)
Actinobacteriota	Bifidobacterium	0,45 	0,03 - 0,66
Desulfobacterota	Bilophila	0,17 	0,02 - 0,25
Firmicutes	Blautia	0,00 	0,00 - 0,16
Firmicutes	Butyricoccus	0,11 	0,11 - 0,47
Bacteroidota	Butyricimonas	↑ 0,72 	0,00 - 0,22
Firmicutes	CAG-56	0,00 	0,00 - 0,12
Firmicutes	Christensenellaceae R-7 group	↓ 0,00 	0,05 - 1,83
Firmicutes	Clostridium sensu stricto 1	0,00 	0,00 - 0,11
Firmicutes	Colidextribacter	↑ 0,34 	0,05 - 0,19
Actinobacteriota	Collinsella	↓ 0,00 	0,02 - 0,22
Bacteroidota	Coprobacter	0,00 	0,00 - 0,24
Firmicutes	Coprococcus	↓ 0,00 	0,06 - 1,90
Firmicutes	Defluviitaleaceae UCG-011	↑ 0,04 	0,00 - 0,03
Desulfobacterota	Desulfovibrio	0,00 	0,00 - 0,23
Firmicutes	Dialister	0,00 	0,00 - 2,50
Firmicutes	Dielma	↑ 0,05 	0,00 - 0,01
Firmicutes	DTU089	↑ 0,03 	0,00 - 0,02
Actinobacteriota	Eggerthella	0,03 	Nema podataka
Firmicutes	Eisenbergiella	↑ 0,56 	0,00 - 0,02
Actinobacteriota	Enterorhabdus	↑ 0,02 	0,00 - 0,01
Firmicutes	Erysipelatoclostridium	↑ 0,06 	0,00 - 0,05
Firmicutes	Erysipelotrichaceae UCG-003	↑ 0,53 	0,03 - 0,33
Proteobacteria	Escherichia-Shigella	0,00 	0,00 - 0,07
Firmicutes	Eubacterium eligens group	↓ 0,00 	0,25 - 2,68
Firmicutes	Eubacterium hallii group	↑ 0,36 	0,00 - 0,09
Firmicutes	Eubacterium nodatum group	0,00 	0,00 - 0,02
Firmicutes	Eubacterium oxidoreducens group	0,00 	0,00 - 0,05
Firmicutes	Eubacterium ruminantium group	0,00 	0,00 - 0,13
Firmicutes	Eubacterium siraeum group	↑ 1,86 	0,01 - 1,49
Firmicutes	Eubacterium ventriosum group	0,03 	0,01 - 0,15

Koljeno	Rod	Učestalost (%)	Referenca (%)
Firmicutes	Eubacterium xylanophilum group	0,00 	0,00 - 0,37
Firmicutes	Faecalibacterium	↑ 27,32 	6,02 - 15,78
Firmicutes	Family XIII AD3011 group	↑ 0,12 	0,00 - 0,08
Firmicutes	Family XIII UCG-001	↑ 0,07 	0,00 - 0,03
Firmicutes	Flavonifractor	↑ 0,28 	0,00 - 0,06
Firmicutes	Fournierella	0,00 	0,00 - 0,01
Firmicutes	GCA-900066575	0,02 	0,01 - 0,08
Proteobacteria	Haemophilus	0,00 	0,00 - 0,12
Firmicutes	Holdemanella	0,00 	0,00 - 0,09
Firmicutes	Holdemania	↑ 0,07 	0,00 - 0,05
Firmicutes	Hungatella	0,03 	Nema podataka
Firmicutes	Hydrogenoanaerobacterium	0,00 	0,00 - 0,01
Firmicutes	Intestinibacter	0,02 	0,00 - 0,03
Firmicutes	Intestinimonas	↑ 0,18 	0,00 - 0,06
Firmicutes	Lachnoclostridium	↑ 1,78 	0,15 - 0,82
Firmicutes	Lachnospira	0,91 	0,35 - 2,63
Firmicutes	Lachnospiraceae FCS020 group	↓ 0,00 	0,03 - 0,37
Firmicutes	Lachnospiraceae NC2004 group	↓ 0,00 	0,02 - 1,00
Firmicutes	Lachnospiraceae ND3007 group	↓ 0,00 	0,24 - 2,58
Firmicutes	Lachnospiraceae NK4A136 group	0,00 	0,00 - 0,28
Firmicutes	Lachnospiraceae UCG-001	↓ 0,00 	0,02 - 0,51
Firmicutes	Lachnospiraceae UCG-004	0,05 	0,00 - 0,29
Firmicutes	Lachnospiraceae UCG-008	0,00 	0,00 - 0,05
Firmicutes	Lachnospiraceae UCG-010	↓ 0,00 	0,03 - 0,27
Firmicutes	Lactobacillus	0,00 	0,00 - 0,01
Firmicutes	Lactococcus	0,00 	0,00 - 0,01
Firmicutes	Marvinbryantia	0,00 	0,00 - 0,02
Firmicutes	Merdibacter	0,00 	0,00 - 0,01
Firmicutes	Monoglobus	↓ 0,00 	0,07 - 0,37
Firmicutes	Moryella	0,00 	0,00 - 0,05

Koljeno	Rod	Učestalost (%)	Referenca (%)
Firmicutes	Negativibacillus	0,05	0,00 - 0,08
Firmicutes	NK4A214 group	0,00	0,00 - 0,95
Bacteroidota	Odoribacter	↑ 0,64	0,11 - 0,41
Firmicutes	Oscillibacter	↑ 0,61	0,03 - 0,31
Firmicutes	Oscillospira	0,08	0,00 - 0,11
Proteobacteria	Oxalobacter	0,00	0,00 - 0,03
Firmicutes	Paludicola	2,16	Nema podataka
Bacteroidota	Parabacteroides	1,09	0,94 - 3,59
Bacteroidota	Paraprevotella	0,00	0,00 - 0,36
Proteobacteria	Parasutterella	0,17	0,01 - 0,80
Firmicutes	Peptococcus	0,00	0,00 - 0,03
Firmicutes	Phascolarctobacterium	1,23	0,00 - 2,07
Firmicutes	Phoceia	↑ 0,01	0,00 - 0,01
Bacteroidota	Prevotella	0,00	0,00 - 11,55
Firmicutes	Pseudoflavonifractor	↑ 0,11	0,00 - 0,01
Firmicutes	Romboutsia	0,00	0,00 - 0,01
Firmicutes	Roseburia	↑ 0,36	0,00 - 0,16
Firmicutes	Ruminococcus	↓ 0,00	0,15 - 1,95
Firmicutes	Ruminococcus gauvreauii group	0,03	Nema podataka
Firmicutes	Ruminococcus torques group	↑ 0,16	0,00 - 0,11
Firmicutes	Sellimonas	0,01	Nema podataka
Actinobacteriota	Senegalimassilia	0,00	0,00 - 0,02
Actinobacteriota	Slackia	0,00	0,00 - 0,02
Firmicutes	Streptococcus	0,04	0,03 - 0,31
Firmicutes	Subdoligranulum	1,90	0,30 - 2,50
Proteobacteria	Sutterella	↑ 4,04	0,02 - 2,45
Firmicutes	Terrisporobacter	0,00	0,00 - 0,02
Patescibacteria	TM7x	0,01	0,00 - 0,03
Firmicutes	Turicibacter	0,00	0,00 - 0,06
Firmicutes	Tuzzerella	0,02	Nema podataka

Koljeno	Rod	Učestalost (%)	Referenca (%)
Firmicutes	Tyzzarella	0,00 ▼	0,00 - 0,11
Firmicutes	UBA1819	↑ 0,11	0,00 - 0,05
Firmicutes	UCG-002	↓ 0,00	0,03 - 0,63
Firmicutes	UCG-003	0,09 ▼	0,00 - 0,18
Firmicutes	UCG-005	↓ 0,00	0,02 - 0,54
Firmicutes	UCG-009	0,00 ▼	0,00 - 0,01
Firmicutes	Veillonella	0,00 ▼	0,00 - 0,15
Verrucomicrobiota	Victivallis	0,00 ▼	0,00 - 0,24

7. Preporuke

Mikrobno zdravlje

Mahunarke i orašasti plodovi

Orašasti plodovi i mahunarke izvrsni su izvori proteina i vlakana koji podržavaju zdrav mikrobiom. Pružaju esencijalne hranjive tvari i djeluju kao prebiotici, hraneći korisne crijevne bakterije. Redovito uključivanje ovih namirnica u prehranu podržava raznolik crijevni ekosustav, doprinoseći poboljšanoj probavi i općem zdravlju. Ove namirnice biljnog podrijetla nude brojne zdravstvene prednosti koje mogu pomoći uravnotežiti vaš mikrobiom.

Usredotočite se na uključivanje raznih mahunarki i orašastih plodova u svoje obroke:

- Leća: Koristite je u juhama, salatama ili vegetarijanskim pljeskavicama za proteine i vlakna.
- Slanutak: Razmislite o korištenju u jelima poput humusa ili uživajte u pečenom slanutku kao međuobrok.
- Bademi: Grickalice za hranjivi poticaj energije tijekom dana. Ukusni su i pečeni u pećnici s malo soja umaka ili začina.
- Kikiriki: Koristite kikiriki kao maslac od kikirikija na kruhu od cjelovitih žitarica ili s kriškama jabuke.

Biljni čajevi

Dovoljno pijenja važno je za zdrava crijeva, a biljni čajevi mogu pružiti dodatne probavne koristi. Određeni biljni čajevi mogu umiriti želučane tegobe i poboljšati cjelokupno zdravlje crijeva. Redovita konzumacija ovih čajeva može podržati probavu, smanjiti upalu i stvoriti povoljno okruženje za korisne bakterije u vašem mikrobiomu. Uključivanje biljnih čajeva u vašu dnevnu rutinu može biti blag i učinkovit način za podršku zdravlju vaših crijeva.

Svakodnevno birajte biljne čajeve:

- Čaj od paprene metvice: Uživajte ga nakon obroka kako biste pomogli probavi i umirili želudac.
- Čaj od đumbira: Pijte čaj od đumbira kako biste smanjili upalu i ublažili probavne tegobe.
- Čaj od kamilice: Razmislite o pijenju čaja od kamilice prije spavanja kako biste potaknuli opuštanje i olakšali rad crijeva.
- Rooibos čaj: Uživajte u ovoj opciji bez kofeina koja je bogata antioksidansima.

Povećajte unos vlakana

Hrana bogata vlaknima podržava raznolik mikrobiom hranjenjem korisnih bakterija. Vlakna djeluju kao prebiotik, povećavajući mikrobnu raznolikost, smanjujući disbiozu i potičući zdravlje probavnog sustava. Raznolikost izvora vlakana poboljšava crijevnu regulaciju i pomaže u sprječavanju crijevnih problema.

Svakodnevno konzumirajte raznovrsnu hranu bogatu vlaknima:

- Cjelovite žitarice: Uključite zob, kvinoju i smeđu rižu u svoje obroke.
- Mahunarke: Dodajte grah, leću i slanutak u salate, juhe i pržena jela.
- Voće: Jedite jabuke, kruške i bobičasto voće kao međuobrok ili desert.
- Povrće: Brokulu, mrkvu i špinat koristite u glavnim jelima ili kao prilog.

 Enchilade od povrća i graha**Sastojci:**

8 kukuruznih tortilja
1 šalica kuhanog crnog graha
1 šalica kukuruznih zrna
1 paprika, nasjeckana
1 luk, nasjeckan
1 šalica domaćeg umaka za enchilade
1 šalica ribanog sira
2 žlice maslinovog ulja
Sol i papar po ukusu

Priprema:

1. Zagrijte pećnicu na 175°C.
2. Zagrijte maslinovo ulje u tavi, dodajte luk i pržite dok ne omekša.
3. Dodajte paprike, crni grah i kukuruz te kuhajte 5 minuta.
4. Napunite tortilje smjesom od graha.
5. Zarolajte tortilje i stavite ih u posudu za pečenje.
6. Preljite umakom od enchilada.
7. Pospite sirom i pecite 20 minuta.

Hranjivo jelo bogato vlaknima koje je zasitno i dobro za crijeva.

Interakcija crijeva i tijela**Izbjegavajte prerađene šećere i umjetna
sladila**

Visoka konzumacija šećera povezana je s neravnotežom crijevnih bakterija, što može dovesti do upale i negativnih učinaka na zdravlje kože. Izbjegavajte prerađene šećere i dajte prednost prirodnim šećerima koji se nalaze u cjelovitim namirnicama.

Umjeren trening

Umjerena tjelovježba potiče zdravu ravnotežu bakterija koje utječu na gubitak ili debljanje, čime podržava učinkovitu kontrolu tjelesne težine. Također skraćuje vrijeme zadržavanja hrane u tankom crijevu i smanjuje apsorpciju patogena. Da biste iskoristili te prednosti, nastojte vježbati 30-60 minuta 3-4 puta tjedno.

Birajte prirodno slatke cjelovite namirnice i ograničite dodane šećere:

- Svježe voće: Birajte voće poput šljiva, bobičastog voća, banana i naranči kao zasitne grickalice ili deserte.
- Prirodni zaslađivači: Koristite med, javorov sirup ili sirup od datulja u umjerenim količinama za zaslađivanje hrane kada je potrebno.
- Izbjegavajte zaslađena pića: Zamijenite gazirana i energetska pića vodom s okusom voća, čajem, kombuchom ili vodenim kefirom.
- Čitajte deklaracije: Provjerite ambalažu kako biste izbjegli skrivene šećere, posebno u pakiranoj ili prerađenoj hrani.

Uključite umjerenu tjelovježbu u svoju rutinu za optimalno zdravlje crijeva:

- Aerobik: Zabavni i energični, ovi satovi poboljšavaju kardiovaskularnu kondiciju i koordinaciju.
- Plivanje: Aktivnost niskog intenziteta koja gradi izdržljivost i snagu.
- Trening snage: Ciljajte na više od 10 ponavljanja po seriji kako biste učinkovito aktivirali mišiće.
- Opušteno trčanje: Izvrstan način za poboljšanje zdravlja srca, a može se izvoditi u zatvorenom ili na otvorenom prostoru.

Izbjegavajte prerađenu hranu

Smanjite unos visoko prerađene hrane, koja obično ima visok udio soli, masti ili šećera.

Ograničite konzumaciju prerađene hrane uz pomoć ovih savjeta:

- Domaći obroci: Pripremite pizzu i hamburgere kod kuće s cjelovitim žitaricama. Na taj način možete odlučiti koje ćete sastojke koristiti.
- Zdrave alternative: Zamijenite gazirano piće kombuchom za osvježavajuće i gazirano piće.
- Pečenje: Zamijenite 30-50% brašna u kolačima i keksima integralnim brašnom. Za još vlažnije tijesto, naribajte malo tikvica ili mrkve u kolač.

Povrće pečeno s kurkumom

Sastojci:

- 1 šalica cvjetića cvjetače
- 1 šalica nasjeckane mrkve
- 1 šalica narezanog batata
- 1 žlica maslinovog ulja
- 1 čajna žličica mljevene kurkume
- Sol i papar po ukusu

Priprema:

1. Zagrijte pećnicu na 200°C.
2. U zdjeli pomiješajte cvjetaču, mrkvu i slatki krumpir.
3. Dodajte maslinovo ulje, kurkumu, sol i papar te dobro promiješajte.
4. Rasporedite povrće na lim za pečenje.
5. Pecite ga 25-30 minuta dok ne postane zlatno smeđe i mekano.

Ovo šareno i začinjeno povrće predstavlja ukusan prilog ili međuobrok pun okusa.

Zdravlje crijeva

Raznolikost u vašoj prehrani

Raznolika prehrana ključna je za dobro zdravlje crijeva i održavanje raznolikog mikrobioma. Jedinствeni hranjivi sastojci i spojevi u različitim namenicama potiču rast širokog spektra korisnih bakterija, što pomaže u održavanju ravnoteže crijeva. Veća raznolikost prehrane može dovesti do bolje probave, poboljšane apsorpcije hranjivih tvari i jačeg imunološkog sustava. Ciljajte na šareni tanjur pun različitog voća, povrća, žitarica i proteina kako biste unijeli važne hranjive tvari i podržali zdravlje crijeva. Bogat mikrobiom povezan je s boljom probavom i općim zdravljem, zbog čega je raznolikost prehrane važna strategija za zdravlje crijeva.

Upotreba pseudožitarica

Pseudožitarice poput kvinoje, amaranta, chia sjemenki, prosa, tefa i heljde nude svestrane i hranjive alternative konvencionalnim žitaricama, a često ih bolje podnose osobe s osjetljivom probavom.

Jedite razne namirnice iz sljedećih skupina:

- Raznolikost povrća: Odaberite šarenu mješavinu paprika, mrkve i lisnatog povrća za maksimalnu količinu hranjivih tvari.
- Cjelovite žitarice: Uz rižu i zob, uključite razne žitarice poput heljde, farra i prosa.
- Proteini: Za uravnoteženu prehranu kombinirajte biljne proteine poput graha i leće s nemasnim mesom ili ribom.
- Voće: Izmjenjujte različite vrste voća poput agruma, koštunčavog voća i bobičastog voća kako biste proširili svoj nutritivni spektar.

Otkrijte različite načine uključivanja pseudožitarica u svoje obroke:

- Koristite kvinoju kao prilog ribi ili mesu, u curryju ili salatama.
- Uživajte amarant kao kašu za doručak, prilog ili ga dodajte u müsli.
- Koristite teff kao kašu, u salatama ili kao brašno za kruh bez glutena.
- Uključite heljdu u sushi, domaću granolu ili kao brašno za palačinke ili kolače.

Zaslađivači s niskim udjelom FODMAP-a

Neka sladila bolje podnose osobe s probavnim problemima i stoga mogu biti dobra alternativa za postojeće simptome. Izbacite određene namirnice samo ako pogoršavaju simptome ili uzrokuju nelagodu. Ako nemate problema s određenim namirnicama, nastavite ih uključivati u prehranu kako biste održali raznolikost. Prehrana koja je što raznolikija često je ključna za zdrava crijeva.

Odaberite ova sladila koja se općenito dobro podnose:

- Stevija: Prirodno sladilo dobiveno iz biljke stevije, potpuno ne sadrži FODMAP i često se dobro podnosi.
- Javorov sirup: Sadrži male količine fruktoze, koja je blaža za probavni trakt.
- Monk voće: Prirodno sladilo bez kalorija koje se općenito dobro podnosi i ne uzrokuje probavne tegobe.
- Rižin sirup: Sastoji se uglavnom od glukoze, lakše se probavlja i često ga bolje podnose osobe s probavnim problemima.
- Napomena: Posavjetujte se s nutricionistom kako biste utvrdili koja su zaslađivači najbolja za vaše individualne potrebe.

Zdjela za doručak s bobičastim voćem i kvinojom

Sastojci:

- 1 šalica kuhane kvinoje
- 1/2 šalice miješanog bobičastog voća (borovnice, jagode)
- 1 žlica chia sjemenki
- 1/2 šalice biljnog mlijeka
- 1 žličica meda (ili sirupa od datulja, javorovog sirupa za vegane)
- 1/4 šalice oraha, nasjeckanih

Priprema:

1. Skuhajte kvinoju prema uputama na pakiranju i ostavite da se ohladi.
2. U zdjeli pomiješajte kvinoju s biljnim mlijekom i medom ili javorovim sirupom.
3. Pospite miješanim bobičastim voćem, chia sjemenkama i sjeckanim orasima.

Ova hranjiva zdjela bogata je vlaknima, antioksidansima i omega-3 masnim kiselinama, što je čini idealnom za zdrav početak dana.

Blagostanje

Potaknite proizvodnju serotonina vježbanjem

Dokazano je da tjelesna aktivnost povećava razinu serotonina. Serotonin je važan neurotransmitter koji potiče osjećaj sreće i podržava cjelokupno mentalno zdravlje. Poticanjem osjećaja dobrobiti i smanjenjem stresa, redovita tjelovježba doprinosi poboljšanju crijevno-mozdane osi. Aerobne vježbe, poput trčanja ili vožnje bicikla, u kombinaciji s treningom snage mogu značajno povećati razinu serotonina. Aktivnosti niskog intenziteta poput joge ili tai chia također pomažu u smanjenju razine stresa i povećanju dobrobiti. Obavezno uključite redovitu tjelovježbu u svoju dnevnu rutinu kako biste poboljšali raspoloženje i prirodno povećali razinu serotonina.

Obratite pozornost na sljedeće preporuke:

- Uključite aerobne vježbe u svoju rutinu, poput trčanja umjerenog intenziteta, laganog trčanja, vožnje bicikla ili veslanja. Preporuka: Optimalno je 2-3 sesije od 30-60 minuta tjedno.
- Trening snage ne samo da potiče rast mišića već i povećava proizvodnju serotonina. Preporuka: Uključite trening snage otprilike dva puta tjedno po 30-60 minuta.
- Redovito vježbajte jogu ili tai chi kako biste smanjili razinu stresa.

Uključite fermentiranu hranu u svoju prehranu

Fermentirana hrana sadrži probiotičke bakterije koje su izuzetno korisne za zdravlje crijevne flore. Ove namirnice potiču rast korisnih bakterija u crijevima, što može poboljšati probavu i ojačati imunološki sustav. Redovito uključivanje ovih proizvoda u prehranu može pomoći u održavanju ili vraćanju zdrave ravnoteže crijevnog mikrobioma i time potaknuti fizičko blagostanje. Fermentirana hrana doprinosi održavanju zaštitne barijere u probavnom traktu koja može odbiti štetne bakterije.

Savjeti za uključivanje fermentirane hrane:

- Jedite fermentirano povrće poput kimchija ili kiselog kupusa.
- Pazite da proizvodi nisu pasteurizirani, jer to može ubiti probiotičke bakterije.
- Obavezno ga konzumirajte redovito (nekoliko puta tjedno) kako biste osigurali dugoročne pozitivne učinke na zdravlje crijeva.
- Konzumirajte fermentirane mliječne proizvode poput prirodnog jogurta ili kefira.

Isprobajte povremeni post

Povremeni post - odnosno svjesno planirane pauze od jedenja - može imati pozitivan učinak na zdravlje crijeva, a posebno na mikrobiom. Ove ciljane pauze daju korisnim crijevnim bakterijama vremena za regeneraciju, što može ojačati njihovu raznolikost i funkciju. Tijekom ovog razdoblja odmora, bakterije se mogu oporaviti i još učinkovitije obavljati svoje funkcije - poput podrške probavi, imunološkom sustavu i komunikaciji s mozgom. Ako se provodi svjesno i individualno, povremeni post može potaknuti ravnotežu u crijevima i dugoročno doprinijeti većoj vitalnosti, unutarnjoj ravnoteži i dobrobiti.

Imajte na umu sljedeće savjete:

- Započnite s ciklusom 16:8, što znači 16 sati posta i 8 sati jedenja.
- Izbjegavajte prerađenu hranu tijekom faze jedenja.
- Pijte puno vode kako biste optimalno podržali svoj post.
- Obratite pažnju na signale svog tijela i prilagodite ciklus ako je potrebno.

Zobena kaša s bademima i bananom

Sastojci:

Zobene pahuljice (3 žlice)
Bademi (2 žlice)
Banana (1 komad)
Mlijeko, biljni napitak ili voda (300-400 ml)

Priprema:

1. Zobene pahuljice kuhajte s mlijekom ili vodom u loncu dok se ne stvori kremasta smjesa.
2. Dodajte nasjeckane bademe.
3. Narežite bananu i dodajte je smjesi.

Svojim vrijednim hranjivim tvarima, ovaj recept može poboljšati zdravlje crijeva i podržati crijevno-mozak os.

Metaboličko zdravlje

Provodite više vremena u prirodi

Provođenje vremena u prirodi može potaknuti raznolikost crijevne flore i smanjiti upalu povezanu sa stresom. Sunčeva svjetlost povećava razinu vitamina D, što pozitivno utječe na krvni tlak.

Evo nekoliko savjeta koje treba imati na umu:

- Svakodnevno provedite barem 30 minuta u šetnji na otvorenom, po mogućnosti u parku ili šumi. Ova aktivnost može smanjiti razinu stresa i poboljšati raznolikost crijevne flore.
- Vrtni projekti ne mogu biti samo opuštajući, već i povećati vaše vrijeme provedeno na otvorenom te omogućiti pristup svježoj, hranjivim tvarima bogatoj hrani.
- Kupanje u šumi, poznato kao Shinrin-Yoku, je svjesna i spora aktivnost u šumi. Ova praksa može pomoći u smanjenju stresa i jačanju imunološkog sustava, što zauzvrat može stabilizirati zdravlje crijeva i krvni tlak.

Konsumirajte hranu bogatu antioksidansima

Poznato je da antioksidansi smanjuju upalne procese u tijelu - učinak koji može pomoći u smanjenju rizika od inzulinske rezistencije. Hrana bogata antioksidansima također podržava zdrav crijevni mikrobiom i stoga igra značajnu ulogu u stabilizaciji razine šećera u krvi. Poticanjem rasta korisnih crijevnih bakterija, daju vrijedan doprinos regulaciji šećera u krvi i istovremeno prirodno jačaju metaboličko zdravlje.

Savjeti za više antioksidansa u prehrani:

- Šaka bobičastog voća (npr. borovnica ili malina) kao jutarnji međuobrok ili kao dodatak jogurtu može pomoći u boljoj regulaciji jutarnjeg inzulina.
- Zeleni čaj umjesto kave može pružiti antioksidativnu alternativu tijekom radnih sastanaka ili pauza.
- Dodajte svježi špinat ili kelj u salate ili smoothieje.
- Nekoliko orašastih plodova (npr. badema ili oraha) kao popodnevna užina podržava zdrave crijevne bakterije.

Dovoljno se naspavajte

Miran san ključan je za skladnu interakciju crijeva i jetre. Tijekom noćnog odmora ne samo da se cijeli organizam regenerira – već i probavni sustav pronalazi stanje olakšanja, stvarajući idealne uvjete za raznolik i stabilan mikrobiom. Redoviti, uravnoteženi ritam spavanja stoga ne podržava samo zdravlje crijeva već i jetru, koja provodi važne procese detoksikacije i metabolizma, posebno noću. Ako je poremećena kvaliteta sna ili unutarnji sat tijela, to također može značajno utjecati na ravnotežu crijevnih bakterija. Stoga je još važnije tijelu pružiti dovoljan i redovit odmor – za zdravu osovinu crijeva i jetre te holističko blagostanje.

Sljedeći savjeti će vam pomoći da dobro spavate:

- Održavajte redovito vrijeme za spavanje. Dosljedan raspored spavanja podržava prirodni cirkadijalni ritam vašeg tijela. Na primjer, steknite naviku ići u krevet u 22 sata i ustajati u 6 ujutro svake večeri.
- Izbjegavajte ekrane barem sat vremena prije spavanja. Plava svjetlost koju emitiraju ekrani može poremetiti san. Umjesto toga, odlučite se za knjigu ili vježbe opuštanja.
- Stvorite opuštajuće okruženje za spavanje. Tamna, tiha soba može značajno poboljšati kvalitetu sna. Koristite zavjese za zamračivanje i ugodnu sobnu temperaturu.
- Obratite pozornost na razinu stresa. Vježbe disanja ili meditacija prije spavanja mogu pomoći u smanjenju stresa.

Šareni gulaš sa sezonskim povrćem

Sastojci:

400 g organskih rajčica Polpa
2 šalice organske mrkve, narezane
1 šalica organskog luka, nasjeckanog
2 šalice organskog batata, narezanog na kockice
3 šalice povrtnog temeljca (bez glutena i dodanog šećera)
1 žlica ekstra djevičanskog maslinovog ulja
Sol i papar po ukusu

Priprema:

1. Zagrijte maslinovo ulje u velikoj tavi na srednjoj vatri.
2. Dodajte nasjeckani luk i pržite dok ne postane staklast.
3. Umiješajte nasjeckani batat, narezanu mrkvu i rajčice te kuhajte 5 minuta.
4. Ulijte povrtni temeljac i zakuhajte smjesu.
5. Smanjite vatru i pirajte poklopljeno 30 minuta dok povrće ne omekša.
6. Začinite solju i paprom te poslužite.

Korištenjem visokokvalitetnih organskih sastojaka, ovo varivo ne samo da podržava zdravu prehranu, već može i pomoći u smanjenju izloženosti onečišćujućim tvarima iz okoliša. Istovremeno pruža vrijedne hranjive tvari koje mogu potaknuti zdravu crijevnu floru i uravnoteženu funkciju štitnjače.

Sažetak

Evo nekoliko načina za poboljšanje zdravlja crijeva:

- **Uključite orašaste plodove i mahunarke:** Orašasti plodovi i mahunarke izvrstan su izvor proteina i vlakana, djelujući kao prebiotici koji hrane korisne crijevne bakterije. Redovitim uključivanjem možete podržati raznolik crijevni ekosustav, poboljšavajući probavu i cjelokupno zdravlje.
- **Pijte biljne čaje:** Hidratacija je ključna za zdravlje crijeva, a određeni biljni čajevi mogu ublažiti gastrointestinalne tegobe i poboljšati opće stanje crijeva. Redovita konzumacija pomaže probavi, smanjuje upale i stvara povoljno okruženje za korisne crijevne bakterije.
- **Jedite hranu bogatu vlaknima:** Hrana bogata vlaknima hrani korisne crijevne bakterije, djelujući kao prebiotici za poboljšanje mikrobne raznolikosti i smanjenje disbioze. Raznolik unos izvora vlakana poboljšava pravilnost stolice i pomaže u sprječavanju crijevnih problema, promičući cjelokupno probavno zdravlje.
- **Jedite raznoliku prehranu:** Raznolika prehrana podržava raznolik mikrobiom pružajući jedinstvene hranjive tvari koje potiču rast korisnih bakterija. To dovodi do poboljšane probave, bolje apsorpcije hranjivih tvari i jačeg imunološkog sustava, čineći raznolikost prehrane ključnom za zdravlje crijeva.
- **Jedite pseudožitarice:** Pseudožitarice poput kvinoje i prosa nude svestrane, hranjive alternative tradicionalnim žitaricama. Često ih bolje podnose osobe s osjetljivom probavom, pružajući nježan način za poboljšanje zdravlja crijeva.
- **Pazite na zaslađivače:** Neki zaslađivači bolje se podnose kod osoba s probavnim problemima. Izbacite određene namirnice samo ako pogoršavaju simptome; inače, uključite raznolikost kako biste održali zdravlje crijeva.
- **Smanjite unos šećera:** Visok unos šećera može dovesti do neravnoteže u crijevnim bakterijama, uzrokujući upalu i negativno utječući na zdravlje kože. Umjesto prerađenih šećera, fokusirajte se na prirodne šećere iz cjelovitih namirnica kako biste poboljšali svoj crijevni mikrobiom.
- **Umjereno vježbajte:** Umjereno vježbanje potiče zdravu ravnotežu crijevnih bakterija, pomaže u regulaciji težine i smanjuje apsorpciju patogena. Ciljajte na 30-60 minuta, 3-4 puta tjedno, kako biste poboljšali probavu i opće dobro.

- **Minimizirajte prerađenu hranu:** Visoko prerađena hrana često sadrži visoke razine soli, masti ili šećera, što može negativno utjecati na zdravlje crijeva. Minimiziranje njihovog unosa važno je za održavanje uravnoteženog i zdravog crijevnog mikrobioma.
- **Redovita fizička aktivnost:** Redovita fizička aktivnost povećava serotonin, poboljšavajući mentalno zdravlje i crijevno-moždanu os. Aerobne vježbe i trening snage mogu značajno povećati serotonin, dok joga ili tai chi smanjuju stres. Uključite vježbanje svakodnevno kako biste podigli raspoloženje i prirodno povećali serotonin.
- **Jedite fermentiranu hranu:** Fermentirana hrana sadrži korisne probiotičke bakterije koje promiču zdravlje crijevnih flore, poboljšavaju probavu i jačaju imunološki sustav. Redovito uključivanje pomaže u održavanju uravnoteženog crijevnog mikrobioma i podržava cjelokupno blagostanje štiteći od štetnih bakterija.
- **Probajte povremeni post:** Povremeni post omogućuje crijevnim bakterijama da se regeneriraju, poboljšavajući njihovu raznolikost i funkciju. Ova faza odmora pomaže im u učinkovitijem obavljanju zadataka poput potpomaganja probave, imunološke obrane i komunikacije s mozgom, promičući opću ravnotežu crijeva i vitalnost.
- **Provedite vrijeme u prirodi:** Vrijeme provedeno u prirodi povećava raznolikost crijevnih flore i smanjuje upale povezane sa stresom. Izloženost sunčevoj svjetlosti povećava vitamin D, što pozitivno utječe na krvni tlak. Ove prednosti doprinose zdravijem crijevu i općem dobrom stanju.
- **Jedite antioksidanse:** Antioksidansi smanjuju upalu, što može smanjiti rizik od inzulinske rezistencije. Također podržavaju zdrav crijevni mikrobiom, stabilizirajući razinu šećera u krvi i jačajući metaboličko zdravlje poticanjem korisnih crijevnih bakterija.
- **Spavajte mirno:** Miran san ključan je za osovinu crijeva-jetra, omogućujući regeneraciju i stvarajući idealne uvjete za raznolik mikrobiom. Uravnotežen ritam spavanja podržava zdravlje crijeva i jetre, ključan za detoksikaciju i metabolizam. Poremećaji mogu utjecati na crijevne bakterije, čineći dovoljan odmor ključnim za dobrobit.

8. O nama

Analiza, kontinuiranim ulaganjem i praćenjem laboratorijske dijagnostike, postavlja nove standarde zdravstvene skrbi i prevencije za svoje klijente s ciljem očuvanja zdravlja i povećanja kvalitete života.

Analiza je dijagnostički zdravstveni centar specijaliziran za laboratorijske usluge. Sveobuhvatnost testiranja, inovativne usluge, uključivanje liječnika specijalista nakon laboratorijske dijagnostike i teritorijalna distribucija poslovnih jedinica osnovne su karakteristike ove ustanove.

Analiza posluje od 2001. godine, a dugogodišnja tradicija pružanja visokokvalitetnih usluga izdvaja Analizu kao jednog od lidera u segmentu privatnog zdravstva, što potvrđuje preko 150 000 pacijenata u 2021. godini. Zaposleno je 75 ljudi, uključujući 7 specijalista medicinske biokemije, 1 magistra medicinske biokemije, 8 liječnika specijalista, od kojih su 3 profesora, farmaceuta, nutricionista, 4 molekularna biologa, 26 viših i srednjih laboratorijskih tehničara, 8 medicinskih sestara i ostalog nemedicinskog osoblja, te surađuje s nizom specijalista iz područja medicine, farmacije i biotehnologije.

Suradnjom s europskim i američkim laboratorijima omogućujemo pacijentima dostupnost visoko inovativnih dijagnostičkih testova na tržištu u Hrvatskoj. Uz veliki broj biokemijskih, imunokemijskih, seroloških i mikrobioloških testova, u Analizi možete napraviti specijalne testove kao što su:

- testiranje na alergije
- test intolerancije na hranu
- tekuće biopsije
- analiza minerala i teških metala iz kose
- test za određivanje metaboličkih bolesti kod djece
- genetski testovi
- test očinstva i skrbništva

Specijalni testovi omogućuju našim pacijentima analizu informacija o njihovom zdravstvenom stanju koje do sada nisu mogli dobiti, što može biti prekretnica u dijagnostici i planiranju liječenja.

Naša je vizija postati lider u segmentu laboratorijske dijagnostike putem mreže vlastitih zdravstvenih centara.

Napomena

Otkrivanje mikroorganizma ovim testom ne znači nužno prisutnost bolesti. Isto tako, neotkrivanje mikroorganizma ovim testom ne isključuje prisutnost mikroorganizma koji može uzrokovati bolest. Mogu biti prisutni i drugi mikroorganizmi koje ovaj test ne detektira. Ovaj test nije zamjena za utvrđene metode identifikacije mikroorganizama ili za određivanje njihovog profila osjetljivosti na antimikrobne lijekove.

Analizirani podaci ispituju se pomoću specifičnih algoritama za filogenetsku analizu kako bi se dobili precizni rezultati na temelju kojih se izrađuje vaše izvješće o mikrobiomu. Za to se koriste najnovija znanstvena saznanja, bioinformatička izvrsnost i algoritmi uz potporu umjetne inteligencije. Ovi algoritmi strojnog učenja koriste se, uz najviše standarde privatnosti i sigurnosti podataka, u poglavljima o zdravlju crijeva i interakciji crijevo–tijelo (isključujući upalne potencijale) kako bi se utvrdila sklonost profila mikrobioma uzorka prema profilima uzoraka osoba sa specifičnim obilježjima. Sažetak u poglavlju „Preporuke“ izrađen je uz pomoć umjetne inteligencije.

Ne preuzimamo odgovornost za zdravstvene odluke donesene na temelju rezultata testa.

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