

The Role of Microbiome in Human Health and Disease

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Abstract. This article investigates the role of the human microbiome in health and disease, focusing on the balance between beneficial and pathogenic microorganisms. It reviews current research on microbiome-related therapies and their potential to treat various conditions, including autoimmune disorders and metabolic diseases.

Keywords: Microbiome, Health, Disease, Therapies, Microorganisms

Introduction

The human microbiome, a complex community of microorganisms residing in our bodies, plays a crucial role in maintaining health and influencing disease. This article explores the intricate relationship between the microbiome and its host, highlighting the balance between beneficial and pathogenic bacteria. By reviewing recent studies, the article underscores the potential for microbiome-related therapies to treat a range of conditions, from autoimmune disorders to metabolic diseases. The discussion also extends to the challenges of manipulating the microbiome and the ethical considerations involved in such interventions. Ultimately, the article aims to provide a comprehensive overview of how harnessing the microbiome can lead to innovative approaches in healthcare.

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