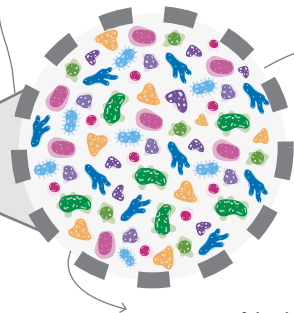
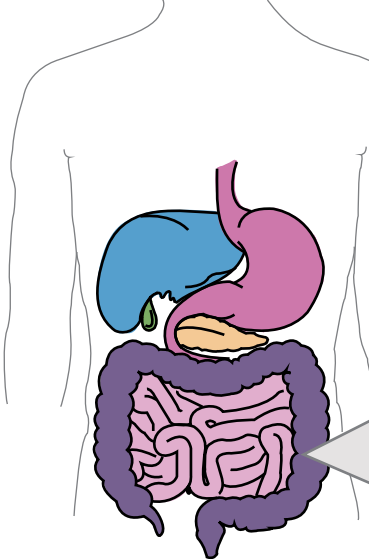


# Gut check: GI tract affects overall health

The human microbiome is an entire ecosystem of more than **100 trillion helpful bacteria** that exist within your body. The highest concentration of bacteria can be **found in your gastrointestinal tract.**



The gut microbiome is **personalized and diverse.** It helps your body digest, fight infection and maintain energy, a sense of well-being and mood.

It is **a symbiotic relationship.** You can impact your gut microbiome by altering what you eat and drink as well as your activity levels. In turn, your microbiome can affect your overall health, including sleep.