How Declining Hormones Disrupt the Gut Microbiome Transcript

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Hormone Changes and Gut Health

So what kinds of things do you find that's contributing to leaky gut? So it always will depend on the person. But generally, if somebody is in paramentapause or menopause, the changes in the hormone levels will significantly affect the microbiome.

So when we have those changes and hormone level, what we don't often think about is changing our diet, right? Doing things differently than we did in the first few decades of life to kind of accommodate and get ready for that change because when our estrogen, progesterone, testosterone levels decrease, we have significant changes to the microbiome.

So, but we don't necessarily eat differently and we probably even maybe drink more alcohol, as we get older and things like that. go out more because if we have more disposable income, we'll have that opportunity, right?

So then we're kind of putting, you know, making the situation even worse when we are having less protection or if the hormone level is decreasing. we're actually adding more things in that can significantly impact the gut.

Diet and Fiber Deficiency

So that's one of the reasons why as we age that difference. But then there can be those people who just don't eat well. They don t eat things that are rich in fiber, which helps feed the