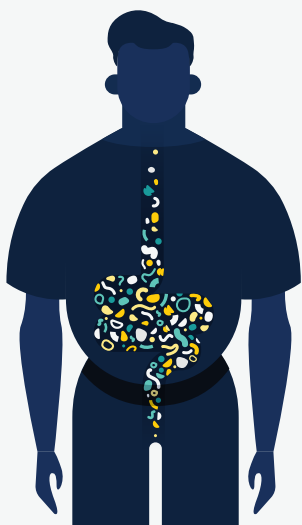



# You are not, and will never be alone

A multitude of tiny guests live in your body and make 90% of our total cells:  
we call them **microbiota**.

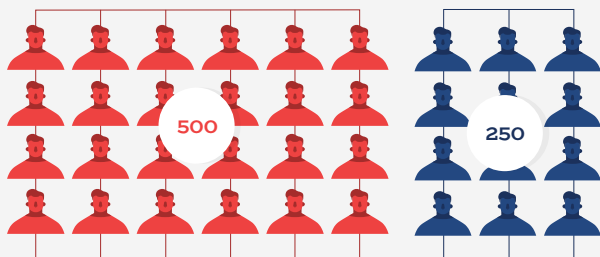


**But**, like in any successful relationship, our mutualistic partnership can also turn **sour**, especially in our most heavily colonized organ: **the intestines!**

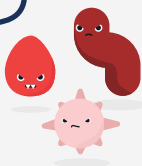
A stylized illustration of a microscope. The lens is focused on a petri dish containing a glowing yellow spot. The background is a gradient of red and blue with scattered colorful dots.

The lack of healthy gut microbiota can result in **Inflammatory Bowel Diseases** with nasty symptoms and culminating in a poor quality of life.

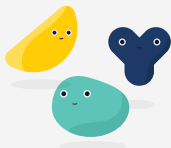
**Investigators from the University of Bern and Inselspital** conducted a large study with > 500 inflammatory bowel disease patients and 250 healthy individuals using two independent cohorts.



They found: an **increase of some bad bacteria** which can **trigger or worsen** the disease



a **reduction in bacterial diversity** which is fundamental for maintaining a **correct balance** in the intestine



how the interactive networks of beneficial and damaging bacteria are built up.



It is the disruption of these community networks between the different bacterial species that affects disease severity and dictates the **response to treatment**.

Researchers are hopeful that one day they can achieve **sustainable deep remission of the disease** by manipulating the intestinal bacteria via **personalized therapy**.

