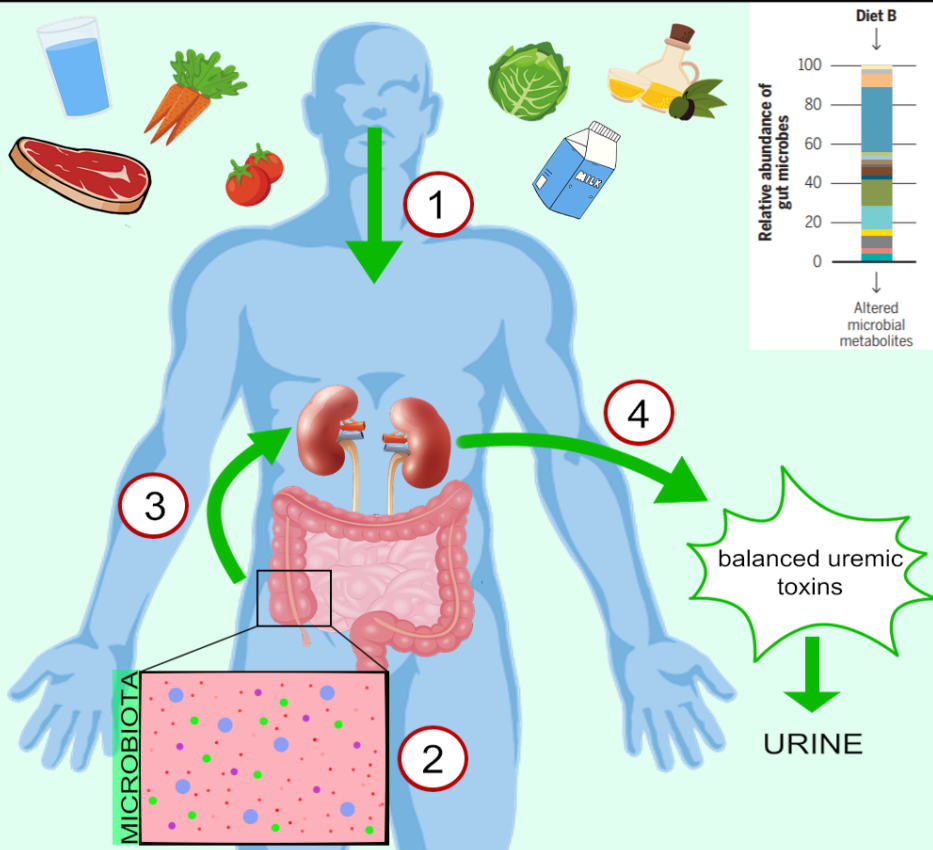
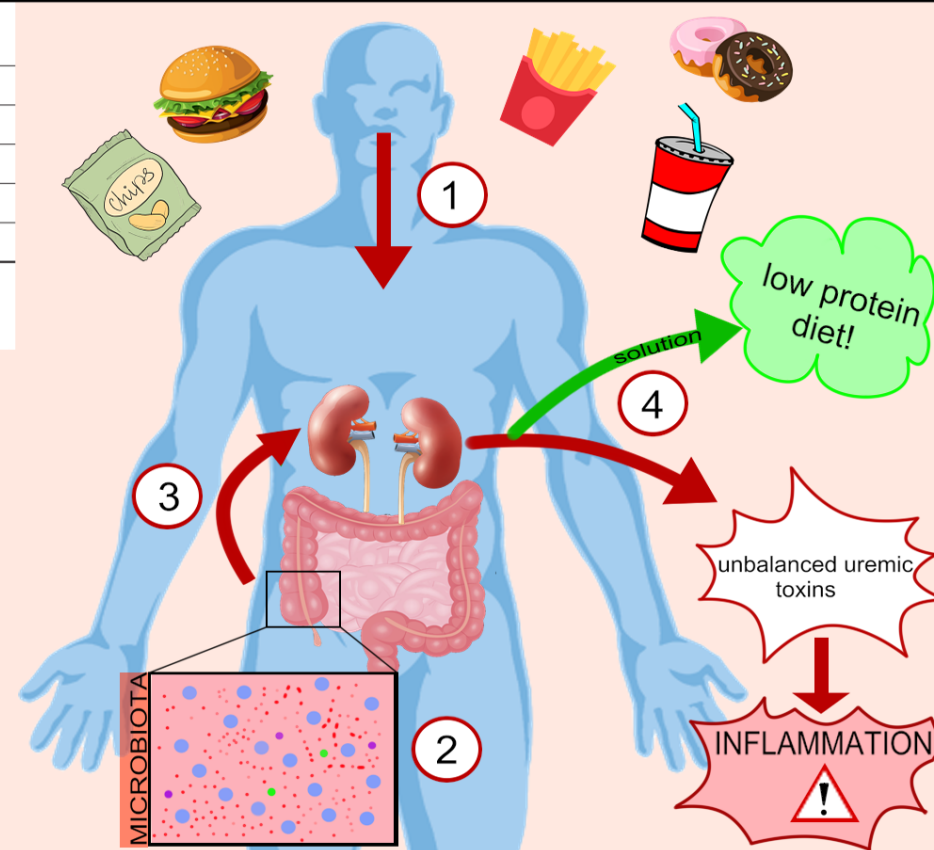


THE GUT MICROBIOTA IN KIDNEY DISEASE

HEALTHY DIET



UNHEALTHY DIET / JUNK FOOD



Introduction

What's Chronic Kidney Disease (CKD)?

CKD is a condition, where kidneys don't work like they should. This can affect anybody, but people with diabetes, obesity, depression and bipolar disorder have a higher risk to get the disease.

Relevance of the study

In case of these kidney problems, nutrition is one of the main determinants of intestinal and renal health, so that means, that there are more fields to study with. Thanks to proper nutrition, it is possible to prevent these problems from worsening.

HEALTHY DIET

- 1 Low fat and carbs food is introduced into our body.
- 2 Because of this diet, the gut microbiota has a well-balanced biodiversity.
- 3 There's a deep connection between gut microbiota and kidneys functions and health.
- 4 Because of the good alimentation and biodiversity, the gut microbiota creates a normal quantity of uremic toxins, that are then expelled with urine.

UNHEALTHY DIET

- Food rich in fat, high in protein and carbs is introduced into our body.
- In this diet instead, the gut microbiota is unbalanced, that means that some microbiota species are more or less than they should be.
- Because of this diet and deep connection, the unbalanced gut microbiota has a negative effect on kidney's health...
- ...provocating worsening: kidneys inflammation due the overproduction of uremic toxins (partly caused by exaggerated protein ingestion).

Results

Comparing two different diets (one rich in fat and protein, and one not) it was found that the bio-diversity of microbiota in the intestine can vary. But not only that, it was also found that an exaggerated amount of protein can increase the production of uremic toxins in case of CKD.

Sources

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