

# More Research Links Poor Gut Health to Severe Covid-19

Numerous studies have shown a connection between poor gut health and severe covid-19. Research done in clinical trials has shown that probiotics can ease symptoms of covid.

Recently researchers have found a gut-lung connection. After looking at more than 1,000 patients infected with coronavirus, those with gastrointestinal (GI) symptoms had worse outcomes than patients without GI symptoms. This was done by Rush University medical center in Chicago.

Out of all the patients evaluated, 22.4% reported one GI symptom, most commonly nausea and vomiting. Another study with patients admitted to Stanford health care found that 31.9% of patients had GI symptoms when they were admitted.

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*The links between poor gut microbiota and chronic diseases were made long before COVID-19. One of the underlying factors affecting the diversity of your gut microbiome is a Western diet that is characterized by a high intake of processed foods and sugar and a low intake of fruits and vegetables.*

*A Healthy Gut to Help Combat COVID*

Health starts in the gut. To learn more about gut health and how to heal the gut, check out this article.