

New Study Shows the Importance of Gut Health for Fighting COVID-19

Typically, patients with coronavirus exhibit symptoms such as fevers, coughs, difficulty breathing, and other similar respiratory problems. However, a new study has shown that your gut health plays a larger role in determining how COVID-19 affects you than previously thought. The molecule in our body that the virus targets is present both in our lungs and our gastrointestinal tract, this explains why many patients show gastrointestinal symptoms as opposed to respiratory systems.

Why do symptoms in your gut mean you might get a worse case of COVID-19? It's likely that the composition of your microbiome – the millions of bacteria and other organisms that usually live in our gastrointestinal tract – is a critical part of how an individual responds to COVID-19.

WHY YOUR MICROBIOME MATTERS

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Previous studies have shown that less than 4% of COVID-19 cases showed gastrointestinal symptoms but this study indicates that it could be closer to 11% of patients, while some studies have shown that the rate of gastrointestinal symptoms could be as high as 60%. The study also showed that those with gastrointestinal problems often have a more difficult time recovering from the virus.

Having a healthy gut is the best thing you can do to avoid getting sick. Read this article to learn how to heal the gut naturally.