

Dysbacteriosis - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

E-mail: lazareva.v@edaplus.info, eliseeva.t@edaplus.info

Abstract. Dysbacteriosis is a disorder of the intestine as a result of quantitative and qualitative changes in the composition and ratio of its microflora (beneficial, conditionally beneficial and pathogenic or pathogenic bacteria).

Key words: Dysbacteriosis, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Symptoms of dysbiosis

Dysbacteriosis is characterized by a whole range of symptoms: abdominal pain, constipation [1], diarrhea, flatulence, belching, nausea, bloating, heartburn, bad breath or taste in the mouth, allergic reactions [2] to common foods.

Causes of dysbiosis:

- disturbances in the functioning of the liver, stomach, pancreas;
- stress, surgery, vegetative-vascular dystonia;
- hepatitis [3], cholecystitis [4], pancreatitis, gastritis [5], intestinal diseases, peptic ulcer [6];
- strict diets, limited amounts of plant fiber [7] and fermented milk products in the human diet;
- the presence of parasites (worms, salmonellosis, dysentery, giardiasis, viral diseases, helminthiasis);
- the use of antibiotics to treat various diseases.

Useful products for dysbiosis

A diet for dysbiosis should help balance the intestinal microflora and contain: proteins [8] (up to 149 grams per day), fats [9] (up to 120 grams per day) and carbohydrates [10] (up to 400 grams per day). In addition, the diet should be complete and balanced; it is better to eat food at a certain time. Also, you should not overeat, especially at night, eat quickly, chew food poorly, or eat in an uncomfortable environment.

Healthy foods:

- freshly squeezed juices and purees from vegetables and fruits (apples [11], beets [12], peaches [13], oranges [14], apricots [15], quinces, pears [16], carrots [17]) - contain pectin, which has a sorbing property, removes toxins from the body;

- dairy and fermented milk products (fresh kefir, milk, whey, yogurt [18], cottage cheese [19], kumiss) – promote the proliferation of beneficial bacteria;
- porridge (buckwheat [20], pearl barley, oatmeal [21]) - promote intensive intestinal function;
- green tea or cocoa, tart astringent wines;
- dried blueberries and bird cherry;
- yesterday's rye or bran bread, dry biscuit;
- low-fat varieties of fish and meat (beef, rabbit, veal, chicken, bream, pike perch, perch, cod);
- casseroles from carrots, potatoes [22], zucchini [23];
- jellies, compotes, mousses from sweet and sour berries;
- cranberry [24], blueberry, pomegranate [25], raspberry [26] juices, blackcurrant juice [27], rosehip [28] and strawberry decoction;
- greens (dill [29], cilantro [30] and parsley [31]);
- salads and roasts from turnips and pumpkins [32].

List of approximate dishes for dysbacteriosis:

Breakfast: pour five spoons of sprouted wheat flakes with sourdough, add a little jam or honey [33].

Salad 1: grated fresh carrots with raisins and walnuts [34].

Dessert: blend cottage cheese with yogurt and honey, add previously soaked raisins and pieces of dried apricots, sprinkle with nuts, add slices of fresh fruit (orange, tangerine, banana, apricot). Cocktail: blend the starter with banana and strawberries [35], add honey.

Salad 2: baked beets and potatoes, chop stewed carrots, grate a green apple, add mild herbs. Pour the mixture with sour cream or sourdough.

Folk remedies for dysbiosis

Folk remedies with **an antimicrobial** effect:

- coltsfoot leaf [36], sage, anise, burnet root, St. John's wort, calamus root, eucalyptus, chamomile [37];
- fruit drinks made from cranberries, rose hips, blueberries, strawberries and raspberries.

Folk remedies with **anti-inflammatory** effects:

- St. John's wort, calendula [38], yarrow [39].

Folk remedies with **an enveloping** effect:

- flax seeds, elecampane, marshmallow, angelica (infusion prepared with warm or cold water).

Folk remedies **with a fixing** effect:

- oak bark, pomegranate peels, burnet root, bird cherry fruits.

Folk remedies with **a laxative** effect:

- fennel fruits, dill seeds, mint leaves [40], anise.

Folk remedies **that stimulate** intestinal peristalsis:

- senna herb, aloe, buckthorn root (not used for children under 6 years of age and people who suffer from bleeding hemorrhoids [41]).

Dangerous and harmful products for dysbiosis

You should limit the consumption of foods such as: white cereals, jelly, mashed potatoes, dried fruits, white bread, legumes, grapes [42], cucumbers, sweet carbonated drinks.

Also, the following should be excluded from the diet:

- foods that irritate the intestinal mucosa (smoked spicy and sour foods, fatty and fried foods, garlic [43], onions [44] and radishes [45]);
- sweets (cakes, pastries, sweets, pastries);
- sugar and sweeteners (cane sugar, molasses, maple syrup, corn syrup, fructose [46], glucose [47], maltose, sucrose and sorbitol);
- products that contain yeast [48] and yeast-containing substances, fungi;
- vinegar, spices and marinades;
- products in the preparation of which a fermentation process was used (beer, cider and ginger ale);
- hot spices and seasonings;
- mushrooms;
- products with cellulose (spinach [49], cabbage, green salad, beets [50] and sorrel [51]);
- raw vegetables;
- alcoholic drinks (vodka, whiskey, champagne);
- homemade pickles, sauerkraut [52].

Literature

1. Lazareva, V., & Eliseeva, T. (2021). Nutrition for constipation. *Journal of Healthy Eating and Dietetics*, (16). DOI: 10.59316/j.edpl.2021.16.16
2. Lazareva, V., & Eliseeva, T. (2021). Nutrition for allergies. *Journal of Healthy Eating and Dietetics*, (16). DOI: 10.59316/j.edpl.2021.16.11
3. Lazareva, V., & Eliseeva, T. (2021). Hepatitis - signs and symptoms, useful and dangerous products, folk remedies. *Journal of Healthy Eating and Dietetics*, (15). DOI: 10.59316/j.edpl.2021.15.67

4. Lazareva, V., & Eliseeva, T. (2022). Cholecystitis - signs and symptoms, useful and dangerous products, folk remedies. *Journal of Healthy Eating and Dietetics*, (20). DOI: 10.59316/j.edpl.2022.20.16
5. Lazareva, V., & Eliseeva, T. (2021). Gastritis - signs and symptoms, useful and dangerous foods, folk remedies. *Journal of Healthy Eating and Dietetics*, (15). DOI: 10.59316/j.edpl.2021.15.64
6. Lazareva, V., & Eliseeva, T. (2022). Ulcer - signs and symptoms, useful and dangerous foods, folk remedies. *Journal of Healthy Eating and Dietetics*, (20). DOI: 10.59316/j.edpl.2022.20.25
7. Shelestun, A., & Eliseeva, T. (2019). Fiber - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7). DOI: 10.59316/j.edpl.2018.7.11
8. Eliseeva, T., & Shelestun, A. (2019). Protein - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7), 54-78. DOI: 10.59316/j.edpl.2018.7.6
9. Eliseeva, T., & Shelestun, A. (2019). Fats - description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7), 78-90. DOI: 10.59316/j.edpl.2018.7.7
10. Eliseeva, T., & Shelestun, A. (2018). Carbohydrates - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.8
11. Tkacheva, N., & Eliseeva, T. (2021). Apples – benefits and harms proven by nutritionists. *Journal of Healthy Eating and Dietetics*, 3 (17), 84-88. DOI: 10.59316/.vi17.130
12. Eliseeva, T., & Tkacheva, N. (2019). Beetroot (lat. Beta vulgaris). *Journal of Healthy Eating and Dietetics*, 2 (8), 51-61. DOI: 10.59316/.vi8.43
13. Yampolsky, A., & Eliseeva, T. (2020). Peach (lat. Persicus). *Journal of Healthy Eating and Dietetics*, (13), 2-13. DOI: 10.59316/.vi13.79
14. Eliseeva, T., & Yampolsky, A. (2018). Orange (lat. Citrus× sinēnsis). *Journal of Healthy Eating and Dietetics*, 4 (6), 2-13. DOI: 10.59316/.vi6.27
15. Yampolsky, A., & Eliseeva, T. (2020). Apricot (lat. Prunus armeniaca Lin.). *Journal of Healthy Eating and Dietetics*, (12), 60-70. DOI: 10.59316/.vi12.75
16. Eliseeva, T., & Yampolsky, A. (2019). Pear (lat. Pýrus). *Journal of Healthy Eating and Dietetics*, 3 (9), 56-68. DOI: 10.59316/.vi9.51
17. Eliseeva, T., & Tarantul, A. (2018). Carrot (lat. Daucus carota subsp. sativus). *Journal of Healthy Eating and Dietetics*, 4 (6), 43-55. DOI: 10.59316/.vi6.31
18. Eliseeva, T. (2022). Curdled milk: composition and benefits proven by research. *Journal of Healthy Eating and Dietetics*, 1 (19), 2-5. DOI: 10.59316/.vi19.151
19. Yampolsky, A., & Eliseeva, T. (2020). Cottage cheese. *Journal of Healthy Eating and Dietetics*, (11), 37-50. DOI: 10.59316/.vi11.64
20. Eliseeva, T., & Tkacheva, N. (2019). Buckwheat (lat. Fagopyrum). *Journal of Healthy Eating and Dietetics*, 1 (7), 34-44. DOI: 10.59316/.vi7.37
21. Yampolsky, A., & Eliseeva, T. (2021). Oatmeal. *Journal of Healthy Eating and Dietetics*, (15), 43-60. DOI: 10.59316/.vi15.97
22. Tarantula, A. (2018). Potatoes (Tuberous nightshade, Solánium tuberosum). *Journal of Healthy Eating and Dietetics*, (4), 22-32. DOI: 10.59316/.vi4.18
23. Yampolsky, A., & Eliseeva, T. (2019). Zucchini (lat. Cucúrbita pépo). *Journal of Healthy Eating and Dietetics*, (10), 26-36. DOI: 10.59316/.vi10.55

24. Tkacheva, N., & Eliseeva, T. (2023). Cranberry juice for beauty and health: 9 scientific facts about the benefits, contraindications and features of use. *Journal of Healthy Eating and Dietetics*, 3 (25), 57-63. DOI: 10.59316/j.edaplust.2023.25.11
25. Eliseeva, T. (2022). Pomegranate juice - 15 reasons to add it to your diet. *Journal of Healthy Eating and Dietetics*, 3 (21), 48-54. DOI: 10.59316 / . v 3 i 21.197
26. Eliseeva, T., & Yampolsky, A. (2019). Raspberry (lat. *Rúbus idáeus*). *Journal of Healthy Eating and Dietetics*, (8), 61-73. DOI: 10.59316/.vi8.44
27. Yampolsky, A., & Eliseeva, T. (2020). Black currant (lat. *Ríbes nígrum*). *Journal of Healthy Eating and Dietetics*, (12), 71-82. DOI: 10.59316/.vi12.76
28. Yampolsky, A., & Eliseeva, T. (2020). Rosehip (lat. *Rōsa*). *Journal of Healthy Eating and Dietetics*, (11), 67-77. DOI: 10.59316/.vi11.67
29. Tarantul, A., & Eliseeva, T. (2020). Dill (lat. *Anéthum*). *Journal of Healthy Eating and Dietetics*, (12), 13-24. DOI: 10.59316/.vi12.71
30. Eliseeva, T. (2021). Cilantro has proven benefits for the body and is the recommended intake. *Journal of Healthy Eating and Dietetics*, 3 (17), 53-58. DOI: 10.59316/.vi17.123
31. Yampolsky, A., & Eliseeva, T. (2020). Parsley (lat. *Petroselinum crispum*). *Journal of Healthy Eating and Dietetics*, (12), 2-12. DOI: 10.59316/.vi12.70
32. Eliseeva, T., & Yampolsky, A. (2018). Pumpkin (lat. *Cucurbita*). *Journal of Healthy Eating and Dietetics*, 4 (6), 23-33. DOI: 10.59316/.vi6.29
33. Tkacheva, N., & Eliseeva, T. (2023). Honey for human health – description of types (40+), features and beneficial properties of each, recommendations for use. *Journal of Healthy Eating and Dietetics*, (25). DOI: 10.59316/j.edaplust.2023.25.14
34. Eliseeva, T., & Yampolsky, A. (2019). Walnut (lat. *Júglans régia*). *Journal of Healthy Eating and Dietetics*, 4 (10), 2-14. DOI: 10.59316/.vi10.53
35. Eliseeva, T., & Tarantul, A. (2019). Strawberry (lat. *Fragária*). *Journal of Healthy Eating and Dietetics*, 2 (8), 38-51. DOI: 10.59316/.vi8.42
36. Eliseeva, T., & Tkacheva, N. (2018). Coltsfoot (*Tussilágo*). *Journal of Healthy Eating and Dietetics*, (5), 11-20. DOI: 10.59316/.vi5.22
37. Eliseeva, T., & Tkacheva, N. (2017). Chamomile (*Matricaria*). *Journal of Healthy Eating and Dietetics*, (1), 51-60. DOI: 10.59316/.vi1.6
38. Eliseeva, T., & Tkacheva, N. (2018). Calendula (Marigold, lat. *Calendula*). *Journal of Healthy Eating and Dietetics*, 2 (4), 2-11. DOI: 10.59316/.vi4.16
39. Eliseeva, T., & Tkacheva, N. (2018). Yarrow (lat. *Achillea*). *Journal of Healthy Eating and Dietetics*, 2 (4), 11-22. DOI: 10.59316/.vi4.17
40. Eliseeva, T., & Tkacheva, N. (2017). Mint (lat. *Mentha*). *Journal of Healthy Eating and Dietetics*, 1 (1), 22-32. DOI: 10.59316/.vi1.3
41. Lazareva, V., & Eliseeva, T. (2021). Hemorrhoids - signs and symptoms, useful and dangerous foods, folk remedies. *Journal of Healthy Eating and Dietetics*, (15). DOI: 10.59316/j.edpl.2021.15.65
42. Tarantul, A., & Eliseeva, T. (2019). Grapes (lat. *Vítis*). *Journal of Healthy Eating and Dietetics*, (10), 14-25. DOI: 10.59316/.vi10.54
43. Eliseeva, T., & Yampolsky, A. (2019). Garlic (Latin: *Allium sativum*). *Journal of Healthy Eating and Dietetics*, 1 (7), 11-22. DOI: 10.59316/.vi7.35
44. Tarantul, A., & Eliseeva, T. (2020). Onion (lat. *Állium cépa*). *Journal of Healthy Eating and Dietetics*, (11), 25-36. DOI: 10.59316/.vi11.63
45. Eliseeva, T., & Tarantul, A. (2019). Radish (lat. *radix*). *Journal of Healthy Eating and Dietetics*, 3 (9), 13-24. DOI: 10.59316/.vi9.47

46. Eliseeva, T., & Tkacheva, N. (2019). Fructose – description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (8). DOI: 10.59316/j.edpl.2019.8.24
47. Eliseeva, T., & Tkacheva, N. (2019). Glucose - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (8). DOI: 10.59316/j.edpl.2019.8.26
48. Eliseeva, T., & Tkacheva, N. (2019). Yeast - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (8). DOI: 10.59316/j.edpl.2019.8.20
49. Tarantul, A., & Eliseeva, T. (2020). Spinach (lat. Spinacia oleracea). *Journal of Healthy Eating and Dietetics*, (12), 48-59. DOI: 10.59316/.vi12.74
50. Eliseeva, T., & Tkacheva, N. (2019). Beetroot (lat. Beta vulgaris). *Journal of Healthy Eating and Dietetics*, 2 (8), 51-61. DOI: 10.59316/.vi8.43
51. Yampolsky, A., & Eliseeva, T. (2020). Sorrel (lat. Rúmex). *Journal of Healthy Eating and Dietetics*, (12), 37-47. DOI: 10.59316/.vi12.73
52. Shelestun, A., & Eliseeva, T. (2021). Sauerkraut: 8 proven beneficial properties, contraindications and how to prepare. *Journal of Healthy Eating and Dietetics*, 4 (18), 25- DOI: 29.10.59316/.vi18.138

[HTML version articles](#)

Received 03.05.2021

Dysbacteriosis - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

E-mail: lazareva.v@edaplust.info, eliseeva.t@edaplust.info

Abstract. Dysbacteriosis is a disorder of the intestine as a result of quantitative and qualitative changes in the composition and ratio of its microflora (beneficial, conditionally beneficial and pathogenic or pathogenic bacteria).