



Meet Your Gut Microbiome: When Bacteria Go Where They Don't Belong!

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You probably heard terms like “gut flora” and “gut microbiota” and you possibly heard that it refers to good bacteria in your gut. But let’s take a closer look. According to the NIH (National Institute of Health), **there are about 100 trillion microbes in our gut**, representing as many as 5,000 different species. If you cannot wrap your mind around this number, consider this: **that’s 10 times the number of human body cells**. Yes, for every one, single cell of “your” body, there are about 10 bacteria happily residing in your gut. And they, collectively, may weigh as much as 2 kilograms (roughly 4.4 pounds)!

This world of bacteria in the gut is so vast, that, according to NIH, **the gut microbiome is now considered a separate “organ”**, with distinct metabolic and immune activity. Researchers are trying to focus on all the bacteria with two main questions in mind: “Who’s there?” and “What are they doing?”

The overwhelming majority of bacteria lives in the large intestine, but some also lives in the small intestine. If the small intestine gets overcrowded with bacteria, this is called **Small Intestine Bacterial Overgrowth or SIBO**. Having bacteria in the small intestine is OK. Having too many bacteria in the small intestine may present a problem. This can often be a cause of irritable bowel syndrome.

People suffering from SIBO may experience stubborn, frequent, recurring GI issues including gas, bloating, diarrhea or constipation, and painful abdominal cramping that doesn’t seem to resolve despite interventions and cannot be linked to other medical issues.

Gastrointestinal (GI) issues are frequently linked to other health conditions. Treating Small Intestinal Bacterial Overgrowth (SIBO) may alleviate symptoms like skin disorders, headaches, joint pain, fatigue, and "brain fog."

Inspire is positioning itself to help patients with SIBO and provide them with comprehensive care from initial assessment and testing, to medical intervention and lifestyle support.

If you suspect you may be experiencing SIBO, please schedule an appointment with your primary care provider or [Agata Williams, RDN](#) for an assessment.