

Title: Gut Microbiota and Digestive Health

Abstract: This article explores how microbiota aid digestion and nutrient absorption.

1. Introduction Trillions of microbes live in the human gut, breaking down complex carbohydrates.
2. Role in Digestion Bacteria like *Lactobacillus* ferment dietary fiber into short-chain fatty acids, improving gut motility.
3. Conclusion Microbiota are essential for digestive efficiency, but mental health effects are not addressed here.

References: - Flint, H. J. (2012). Microbial fermentation in the gut.