

The development of the human ecosystem

Humans are superorganisms.

They consist not only of cells, but (among other things) also of bacteria and viruses. These individual organisms are interwoven with each other and with the intestines, brain, nervous, metabolic, and immune systems and musculoskeletal system in various feedback loops.

They work together so harmoniously in a complex system that a flexible adaptation in the organism to external stress can take place. The balance between immature intestinal epithelium, immune and nerve cells and the intestinal microbiome is still unstable in the first days and weeks of life.

Postnatal microbial maturation takes place parallel to brain development and to the development of immune function. This early interaction between bacteria, immune function and nervous system affects the cognitive, immunological and motor development of the child.

To prevent psychiatric, neurological and autoimmunological diseases, it is necessary to protect pregnant women, mothers, fetuses and newborns comprehensively in this essential phase of life. Medical interventions that are not absolutely necessary should be avoided as far as possible.

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