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From Collapse to Control - How Precision Biotechnology and Probiotics Could Redefine the Post-Antibiotic Era

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The excessive use of broad-spectrum antibiotics is one of the greatest silent threats to global health and perhaps one of the most underestimated topics by society and even by part of the medical community. In this article, I want to bring a reflection based on science, but with accessible language, about how precision biotechnology and smart probiotics can change this scenario. You will discover curiosities about the microbiota that you may have never heard of, understand how resistant bacteria are gaining ground silently, and why modern medicine urgently needs to rethink its paradigms. I invite you to read, reflect, and share this content with anyone who cares about the future of health. This is not just a technical debate, it is a matter of collective survival.

What is precision medicine and why does it matter

In a world where a simple skin cut once caused fear of death by infection, antibiotics emerged as one of modern medicine's greatest achievements. However, indiscriminate use has turned what was once a cure into a silent risk factor. Today, we are on the brink of a global health crisis marked by the advance of multidrug-resistant microorganisms. The World Health Organization has already classified antimicrobial resistance as one of the top ten threats to human health.

And this is not a future problem, it is already present in hospitals, clinics, crops, and even the water we consume.

According to Murray et al. (2022), published in *The Lancet*, it is estimated that more than 1.2 million deaths occurred in 2019 directly due to infections from resistant bacteria, and nearly 5 million were associated with such infections. What was once a sign of progress has silently become a real threat to the continuity of basic medical treatments such as cesarean sections, orthopedic surgeries, and chemotherapy.

The invisible backstage of antimicrobial resistance

Antimicrobial resistance is often seen as an isolated microbiological problem, but its impact goes far beyond. It is multifactorial, complex, and fueled by misguided human practices. A report from the *Centers for Disease Control and Prevention (CDC)* in 2019 had already warned about the rise of superbugs like *Carbapenem-resistant Enterobacteriaceae*, drug-resistant *Neisseria gonorrhoeae*, and *Clostridioides difficile*, highlighting that in the US alone about 2.8 million resistant infections occur annually. In Brazil, data from the National Health Surveillance Agency (ANVISA) show that over 50% of hospital samples of *Klebsiella pneumoniae* are already resistant to carbapenems.

Intensive use of antibiotics in humans and animals not only kills pathogens but also destroys the healthy microbiota. This leads to dysbiosis, opens the door to opportunistic infections, and reduces the effectiveness of future therapeutic interventions. The loss of microbial biodiversity in the human body is also associated with autoimmune diseases, obesity, metabolic disorders, and even neurological conditions, as demonstrated by Zmora et al. (2018) in the journal *Cell*.

Probiotics: forgotten allies in the age of antibiotics

For a long time, probiotics were relegated to a nearly cosmetic role in gut health. But in recent years, advances in metagenomics, transcriptomics, and metabolomics have revealed the real therapeutic potential of these microorganisms. According to a study published in *Nature Reviews Gastroenterology & Hepatology* (Hill et al., 2014), probiotics modulate immune response, restore epithelial barriers, and compete with pathogens for nutrients and space.

A notícia mais recente
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In 2020, a double-blind randomized clinical trial published in the *Journal of Hospital Infection* showed that the use of *Saccharomyces boulardii* reduced the incidence of *C. difficile* infection by 38% in patients exposed to broad-spectrum antibiotics. A meta-analysis from the *Cochrane Library* (Goldenberg et al., 2017) confirmed that probiotics significantly reduce the risk of antibiotic-associated diarrhea, a complication often ignored but with the potential to be fatal in the elderly and immunocompromised.

Precision biotechnology: a medicine that sees the invisible

The era of precision biotechnology brought the possibility of treating not only the pathogen but the entire ecosystem. By using genetic analyses, bioinformatics, and artificial intelligence, it is now possible to identify an individual's microbiota profile and, based on that, develop personalized probiotics. This approach reduces the risk of dysbiosis, increases treatment effectiveness, and enables preventive management, representing a break from the reactive model of traditional medicine.

An example of this is probiotics encapsulated by lipid nanotechnology, which reach the intestine with high viability, releasing specific actives only at the site of action. In 2023, a study conducted by Osaka University in Japan demonstrated that this type of encapsulation increased microorganism adhesion to the intestinal mucosa by 87%, promoting greater therapeutic efficacy even in patients subjected to aggressive antibiotic regimens.

Microbiota as the invisible shield of public health

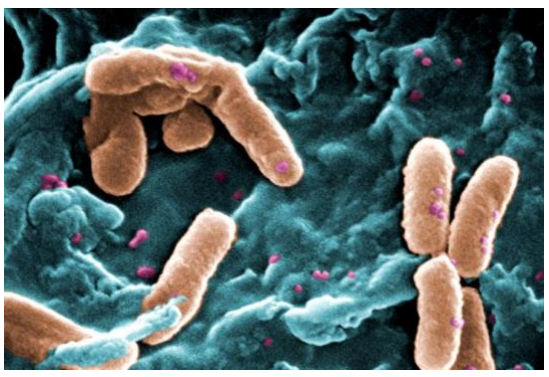
The human microbiota is composed of trillions of microorganisms that perform essential functions in digestion, immunity, and protection against external invaders. A healthy human body harbors more bacterial cells than human cells, and most of them live in symbiosis with us. When this symbiosis is broken—by antibiotics, poor diet, stress, or illness—the body becomes vulnerable.

A study published in the journal *Science Translational Medicine* (Buffie et al., 2015) showed that patients with preserved microbiota had greater resistance to colonization by multidrug-resistant strains after antibiotic use. This reinforces the strategic role of the microbiota as a protective shield, whose maintenance should be part of the clinical protocol in any high-risk treatment.

The future of antimicrobials: less chemistry, more balance

The future of infection control lies in the coexistence of strategies. Antibiotics will remain fundamental, but their effectiveness will depend on the context in which they are administered. Integrating antimicrobial therapies with smart probiotics, bacteriophages, bioactive metabolites, and personalized dietary interventions will be the new normal.

The most promising aspect is that this revolution has already begun. Countries like Sweden, Israel, and Canada have already incorporated microbiota restoration protocols into their public health systems. In Brazil, projects led by federal universities, biotech startups, and research institutions such as GOn1 Biotech have been developing solutions that combine probiotics with vitamin formulations and have shown promising clinical results.



Curiosities you may not know

The microbiota can weigh up to 2 kg and contains more than 3 million genes, while the human genome has only about 23,000 • Some gut bacteria produce neurotransmitters like serotonin and GABA, directly influencing mood and behavior • There is a direct axis between the gut, brain, and immune system, called the gut-brain axis, whose dysfunctions are associated with diseases like Alzheimer's, autism, and depression • About 70% of the human immune system is located in the gut, reinforcing the importance of microbiota in preventing infections

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The Conclusion

The antimicrobial resistance crisis will not be solved with new antibiotics alone but with a new way of thinking about health. We must integrate science, technology, and an ecological vision of medicine. Probiotics are not a trend, they are scientific tools with direct impact on quality of life, recovery time, and the prevention of serious diseases. Investing in precision biotechnology is not a luxury, it is a collective survival strategy

If we want to continue advancing as a civilization, we must learn to protect what protects us. And this begins with respect for the microbiota and the intelligent use of the tools that science already offers us. The future of medicine will be microbial, symbiotic, and above all, integrated.

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