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**Newsletter #76**  
February 25th, 2016



## Edito

Dear Friends,

As 2016 unfolds, Gut Microbiota for Health continues to serve you a daily diet of scientific publications from around the world! Our Twitter feed @gmfx posts new studies every day, and we feature some of the most important ones on our new-and-improved website.

This newsletter brings you an abundance of selections. We start with a study showing how cycles of healthy and unhealthy eating affect the gut microbiota, and continue with a study that brings you up to date on the links between Prevotella, diet, and health. We feature a meta-analysis that analyzes the potential of synbiotics for treating atopic dermatitis, and also a study from the Bäckhed lab that illuminates how the gut microbiota of brown bears helps them change their energy metabolism when they hibernate. For a quick glance at what happened in the field of gut microbiota science last year, check out our "Best of 2015" document.

In a few days, Miami will become the world capital of microbiota research. In addition to streaming live from our website the plenary sessions, our team will be there to keep you up-to-date with the latest developments and discussions on the field. You can follow our social media channels and comment using the #GMFH2016 hashtag. Stay tuned!

The GMFH publishing team



### Unhealthy eating habits at the weekend may be as bad for the gut microbiota as a regular unhealthy diet

Both weekend binges and chronic overconsumption of energy-rich food may lead to similar detrimental effects on gut microbiota, according to researchers from the University of New South Wales in Australia.

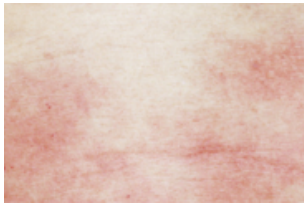
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## The latest advances regarding the link between Prevotella genus, diet and its impact on host health

The predominant genera in the human colonic microbiota are Bacteroides and Prevotella, which belong to the major phyla Bacteroidetes. Their composition and metabolic activities are largely modulated by diet and, in addition, they can also affect the metabolism of food...

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## Synbiotics emerge as a useful tool for treating atopic dermatitis

A recent meta-analysis of randomised clinical trials (RCTs), led by Dr Maria García-Romero from the National Institute of Pediatrics in Mexico, supports the use of synbiotics for the treatment of atopic dermatitis (AD).

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## Seasonal microbiota variation may modulate energy metabolism of the hibernating brown bear

A recent study, led by Dr. Fredrik Bäckhed from the University of Gothenburg in Sweden, found that seasonal microbiota variation may modulate energy metabolism of the hibernating brown bear.

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## 2015 at a Glance! The best of gut microbiota science in 2015!



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