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GUT MICROBIOTA RESEARCH & PRACTICE
edited by ESNM

Newsletter #78
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Edito

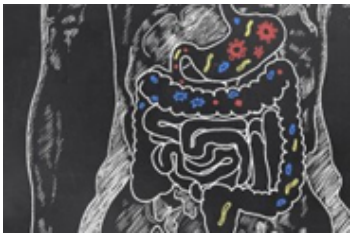
Dear Friends,

Scientists are compiling a growing list of factors that can affect the gut microbiome. In this newsletter, we cover recent converging evidence that bowel preparation procedures -- a necessary but 'invisible' part of colonoscopy -- affect gut microbiota composition in a potentially negative way.

This newsletter features a contribution from Dr. Boris Shenderov of Russia, who reviews the role of neuromediators (catecholamines, norepinephrine, serotonin, histamine, and more) in microbial communication. It also includes coverage of a recent Sonnenburg Lab mouse study that showed a low-fibre diet can affect gut microbiota for generations, and a study on flies that investigated the link between age-related inflammation, gut microbiota, and lifespan.

In this newsletter, we would also like to highlight our "Gut Microbiota and Immunity 2015" document. Created in collaboration with our digital scientific board member Lena Öhman from the University of Gothenburg (Sweden), the document is a great way to get up-to-date on work that links microbes with immune system activity. After you read it, share it with your colleagues and feel free to let us know what you think. Keep in mind also that all the media information about the 5th Gut Microbiota for Health World Summit including the **replay of the plenary sessions** is available in our **Media Center** section.

The GMFH publishing team



Bowel preparation may affect gut microbiota composition and affect the results of experiments

Bowel preparation is a necessary, but sometimes 'invisible', part of a successful colonoscopy. The question of how bowel preparation procedures affect the normal gut microbiota is so far unanswered, since existing data are conflicting.

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Neuromediators in the Gut-Brain Axis

It is increasingly clear that brain operation is influenced by the gastrointestinal microbiota; study of the gut-brain axis has shown evidence that gut bacteria interact with the enteric nervous system and the central nervous system. Good brain function depends on

Mice study shows low-fibre diet may decimate gut bacteria diversity over generations

According to a recent study by Stanford University School of Medicine researchers, gut microbe deterioration from low-fibre

diets may be inherited and irreversible over generations.

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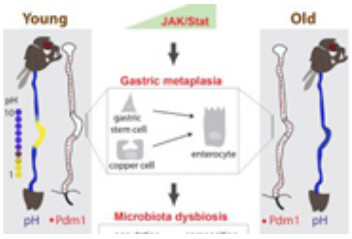

Inhibiting age-related inflammation maintains a healthy microbiota and contributes to a longer lifespan in flies

A new study, led by Professor Heinrich Jasper from the Buck Institute for Research on Aging in Novato (USA), has found that inhibiting age-related inflammation maintains a healthy gut microbiota and extends lifespan in flies.

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