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GUT MICROBIOTA
RESEARCH & PRACTICE
edited by ESNM

Newsletter #103
April 13th, 2017

Editorial

Dear Friends,

The Gut Microbiota for Health World Summit may be over for the year, but on our website you can still find out what happened! Check out the online replay of the #GMFH2017 plenary sessions: (1) the past ten years of gut microbiota research; (2) studying the gut microbiota beyond bacteria; and (3) strategies for gut microbiota improvement.

GMFH is also pleased to introduce our new "Clinical Minute" blog series, with an expert's take on common questions related to gut microbiota that are faced by health professionals. The first question addressed in the series is "Do fermented foods contribute to health?"

Also in this newsletter you'll find a systematic review of RCTs indicating that probiotics may not be more effective than placebo for preventing C. difficile-associated diarrhoea in elderly hospitalized individuals, and a highly-supervised dietary intervention study in healthy individuals that showed a diet rich in whole grains could lead to changes in gut microbiota and improvements in measures of immune function.

Further selections include mechanistic work on how members of the gut microbiota communicate with individual immune cells, and a study that found designing a mouse gut microbial community based on functional potential led to enhanced colonization resistance against an enteric pathogen.

The GMFH publishing team

Replay of Gut Microbiota for Health World Summit's plenary sessions now available

Gut Microbiota Clinical Minute: Do fermented foods contribute to health?

In the new Gut Microbiota for Health "Clinical Minute" series, we get a scientific expert's take on one or more gut-microbiota-related questions that patients frequently ask their healthcare professionals. TOPIC: Do fermented foods contribute to...

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Probiotics may not be enough to prevent Clostridium difficile-associated diarrhoea in elderly hospitalized patients

Clostridium difficile bacteria are a leading cause of infectious diarrhoea that generally affects patients who have recently undergone antibiotic treatment or who are hospitalized. Although microbial signatures could potentially be used for identifying subsets of...

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A diet rich in whole grains may lead to modest improvements in gut microbiota and immune response in healthy adults

Dietary fibre is a key nutrient for optimizing gut health through fermentation by commensal microbiota in the colon. The vast majority of studies that support the health benefits of dietary fibre are observational, whereas little...

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A new study explores how crosstalk between gut microbiota and individual immune cells occurs

The microbiota that resides in the gastrointestinal tract provides essential health benefits to its host, particularly by regulating immune homeostasis. Besides this, it has recently become relevant that alterations of intestinal microbial communities may be...

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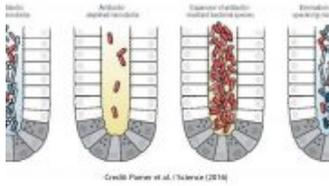
Designing mouse gut microbiota community based on bacterial genes leads to enhanced colonization resistance

Mutualistic interactions between host and commensal microbiota have a pivotal role in colonization resistance (CR), protection against infections by enteric pathogens such as Salmonella spp. Previous research supporting this idea includes a study of the...

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