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**Newsletter #83**

June 9th, 2016



## Edito

Dear Friends,

At GMFH we were pleased to mark the occasion of World Digestive Health Day on May 29th with our blog post focused on answering some practical questions about diet and gut health. And we recently published another article of practical importance: one that covered the new evidence-based clinical guide to probiotic products available in the US, with comment from Dan Merenstein of Georgetown University Medical Center (USA).

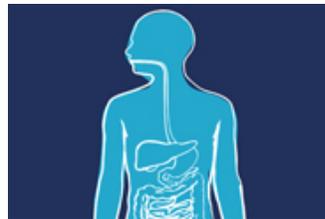
Also in this week's newsletter -- an article on gut microbiota and frailty in older adults, and another on the role of gut microbiota after bone marrow transplantation. We cover a review that argues the impact of chemical and physical stresses should be acknowledged in host-microbiota interactions, and finally, we explore a recent article on free fatty acid absorbing bacteria, which may have the potential to develop into a therapeutic for obesity.

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The GMFH publishing team

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**Resources on diet and gastrointestinal health for World Digestive Health Day**



## Evidence-Based Guidelines for Probiotic Products Now Available to US Doctors

When patients ask about taking a probiotic product to address a symptom, physicians often have difficulty making evidence-based recommendations and are faced with the time-consuming task of finding and comparing results from published clinical studies....

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Variable	Observed odds					
	Diabetes		Hypertension		Overall (OR) 95% CI	
	P value	β coefficient	P value	β coefficient	P value	β coefficient
Age	0.0001	0.0001	0.0001	0.0001	0.0001	0.0001
Abdominal index	0.0001	0.0001	0.0001	0.0001	0.0001	0.0001
BMI	0.0001	-0.0001	0.0001	-0.0001	0.0001	-0.0001
SHBG (mg/dL) (fasting)	0.0001	0.0001	0.0001	0.0001	0.0001	0.0001
SHBG (mg/dL) (fasting) (log10)	0.0001	0.0001	0.0001	0.0001	0.0001	0.0001
SHBG (mg/dL) (fasting) (log10)	0.0001	0.0001	0.0001	0.0001	0.0001	0.0001

## Can the gut microbiota signal frailty in older adults?

A recent study, led by Dr. Claire Steves, a clinical research fellow from the Department of Twin Research & Genetic Epidemiology, King's College London, identified several associations between host frailty and gut microbiota diversity, which...

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## The role of gut microbiota after bone marrow transplantation

Allogeneic bone marrow transplantation (BMT) is the most potent



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