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Newsletter #87

August 11th, 2016



Edito

Dear Friends,

Within the past few years, research on the gut microbiota has been revolutionizing what we know about the gut-brain axis. In this newsletter, the GMFH team brings you an article featuring Emeran Mayer of University of California, Los Angeles (USA) about the growing knowledge about microbes in gut-brain communication.

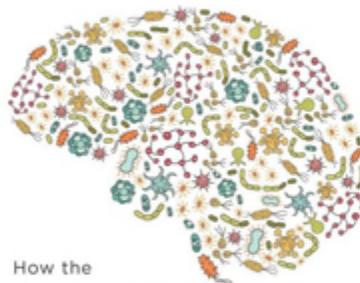
Also in this edition, we cover exciting work from the Wellcome Trust Sanger Institute (UK), describing a new technique for culturing many bacterial species in the human gut that were formerly considered unculturable. Next, we feature an interview with Henrik Roager from Technical University of Denmark on how colonic transit time could relate to health, and an article on the gut microbiota and gastrointestinal symptoms in anorexia nervosa.

Finally, if you're following the latest developments on how the gut microbiota relate to obesity, you won't want to miss our article by GMFH scientific board member Patrice D. Cani of Université catholique de Louvain (Belgium), analyzing new research on the potential role of short-chain fatty acids -- particularly acetate -- in driving obesity.

The GMFH publishing team

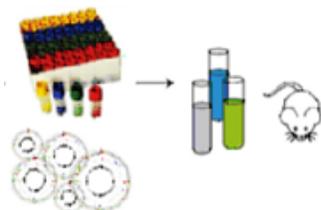
Pinpointing the role of microbes in human gut-brain communication

CONNECTION



How the
Hidden Conversation
Within Our Bodies Impacts Our Mood,
Our Choices, and Our Overall Health

Emeran Mayer, MD



New process allows the study of human gut bacteria formerly considered to be unculturable

A recent letter published in *Nature*, by Dr. Trevor Lawley and colleagues from the Wellcome Trust Sanger Institute in Hinxton (United Kingdom), has revealed that bacteria from the human intestine that were formerly considered to...

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New insights on how colonic transit time could relate to health

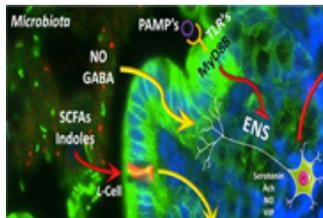
Colonic transit—the time it takes food to move through the gut—can be evaluated clinically but experts disagree on what these measures mean for health. A recent study, published in *Nature Microbiology*, has found associations between...



Gut dysbiosis and gastrointestinal complaints do not ameliorate after weight gain in anorexia nervosa patients

Beyond affecting host metabolism, the gut microbiota may be able to shape brain function and behaviour through the microbiota-gut-brain axis. A recent study, led by Dr. John Penders, from the Department of Medical Microbiology at...

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The role of short-chain fatty acids in driving obesity: Should we blame acetate?

In a recent paper by Perry et al., researchers describe an investigation into the putative mechanisms by which gut microbiota alterations may lead to obesity, insulin resistance, and metabolic syndrome. Authors describe increased production of...

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