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Newsletter #90

September 22th, 2016



Edito

Dear Friends,

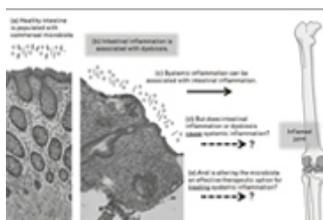
Thanks for reading the GMFH newsletter -- and welcome to all our new subscribers! This newsletter kicks off with an interview with Philippe Marteau, GMFH scientific board member, on the use of probiotics as drugs for medical indications.

We follow up with coverage of a new study that lent insights into the role of the gut microbiota in rheumatoid arthritis, and also an intriguing line of research led by Wendy Henderson (USA) that investigated the oral microbiota as a source of information in individuals with irritable bowel syndrome. In this newsletter, we also cover a gut-brain axis study in which researchers used a probiotic to reverse autism-like social behavior changes in mice.

When it comes to healthy populations, researchers have been trying to unravel the links between cardiorespiratory fitness and gut microbiota; below, we cover an important new study about this connection.

The GMFH publishing team

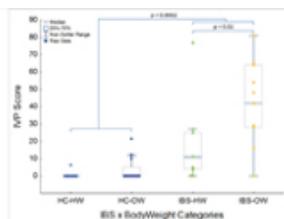
An interview with Philippe Marteau: “Some probiotics can be used like drugs for medical indications”



New insights into the role of gut microbiota in rheumatoid arthritis

Rheumatoid arthritis (RA) is a systemic autoimmune disease characterized by inflammation of unknown cause in the synovial joints, requiring both genetic and environmental factors to manifest. It has been previously reported that individuals with RA...

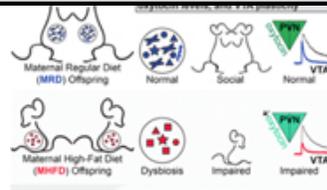
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The oral microbiota as a potential source of information in irritable bowel syndrome

Recent research advances have revolutionized our understanding of the oral microbiota and its role in health. Although stool or gastrointestinal (GI) mucosa samples have often been used for microbiota characterization, the oral cavity microbiota in...

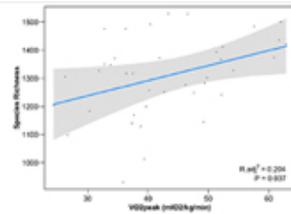
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High-fibre diet can help to reverse asocial behaviours in mice that are seen in autism spectrum disorders

It has been previously suggested that a high-fibre diet can prevent neurodegeneration by increasing gut microbiota derived butyrate in the colon, but how changes in gut bacteria could influence brain development and function is still...

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Fitness may predict a diverse gut microbiota in healthy people

It has been previously found that exercise may play an important role in the overall health of the host by contributing to the diversity of gut microbiota. However, extreme dietary differences, especially high protein intakes,...

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