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THE PLACE FOR SCIENTIFIC DEBATE

## The Gut Microbiota For Health Newsletter **#56**

April 30, 2015

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### Edito

Dear Friends,

At the recent Keystone Symposium, Dr. Herbert 'Skip' Virgin argued that we may be underestimating the role of viruses in the gut. Below, we give you Virgin's take on why the enteric virome is so important. We also bring you a summary of science-based practical recommendations for increasing gut microbial diversity, compiled by GMFH expert Dr. Mary Ellen Sanders.

We have two very interesting literature selections for you in this newsletter. The first is a review on the 'fate' of ingested microbes and their possible mechanisms of activity in the human body. The second, highlighted by publishing team member Prof. Paul Enck, is a study of fecal microbiota transplantation to treat active ulcerative colitis; the researchers in this study reported some unexpected results.

Finally, Dr. Miguel Angel Valdovinos brings to our attention the Fourth International Symposium on Human Gut Microbiota in Health and Disease, an event to be held in Mexico City at the end of May. If you can't attend the symposium, check the GMFH website afterward for all the highlights!

The GMFH publishing team

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## Skip Virgin Lab: The ‘Voice of Viruses’

“I’d like to get you to think differently about viruses,” announced Dr. Herbert ‘Skip’ Virgin at the 2015 Keystone Symposium, Gut Microbiota Modulation of Host Physiology - an event where most researchers in attendance focus on the bacterial residents of the gut.

Virgin, of Washington University School of Medicine in St. Louis, drew attention to the importance of the enteric virome both in the keynote address and in question periods throughout the conference. Later, he gave GMFH editors three reasons why viruses are important in microbiota research.



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Written by K. Campbell



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## Practical Recommendations to increase Gut Microbial Diversity

The Gut Microbiota for Health meeting (Barcelona, Spain, March 13-15) particularly emphasized the applications of gut microbiota science. Scientists haven’t yet identified the ‘healthiest’ microbial composition, but what’s clear so far is that a diverse colonizing microbiota is important: more diversity means greater resilience, with the potential to make you generally healthier and able to resist specific diseases.

With input from other GMFH board members, I have created a list of practical recommendations which, to the best of our current knowledge, increase the diversity of microbes colonizing your gut.



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Written by ME. Sanders



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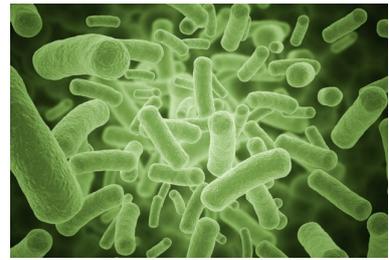


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## What happens to Ingested Microbes?

Bacteria in food, including probiotics, are a major environmental source of microbes in the human body. But what happens to the bacteria once they are ingested? Do they have any short- or long-term effects on the body?



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## New Study investigating Fecal Microbiota Transplantation to treat Active Ulcerative Colitis

Moayyedi et al. from Canada recently published a paper entitled Fecal Microbiota Transplantation Induces Remission in Patients with Active Ulcerative Colitis in a Randomized, Controlled Trial. Authors investigated the safety and efficacy of fecal microbiota transplantation (FMT) to treat active ulcerative colitis (UC) without infectious diarrhea; they say it is the largest placebo-controlled, randomized trial for FMT to treat any disease.



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## Fourth International Symposium on Human Gut Microbiota in Health and Disease in Mexico City

2015 marks the fourth consecutive year that the “International Symposium on Human Gut Microbiota in Health and Disease” will take place in vibrant Mexico City, May 29th and 30th, 2015.

This meeting is endorsed by the National Institute of Medical Sciences and Nutrition, The Mexican Gastroenterology Association, The Mexican Association of Nutrition, and The Mexican College of Nutritionists, with the support of Danone Institute.



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Written by MA Valdovinos



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