

INDUSTRIALISED MICROBIOTA: Compatible with our environments but not our bodies?

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Ancestral Diets

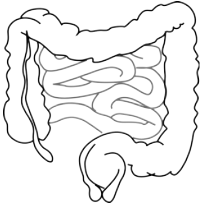
- Meat
- Fish
- Plants
- Fruits
- Tubers
- Grains
- Legumes

No:



- Salt
- Added sugars
- Emulsifiers
- Artificial sugars
- Preservatives
- Pesticides



Microbiome as our organ of adaptation



Sonnenburg et al. 2019








Industrialized microbiota

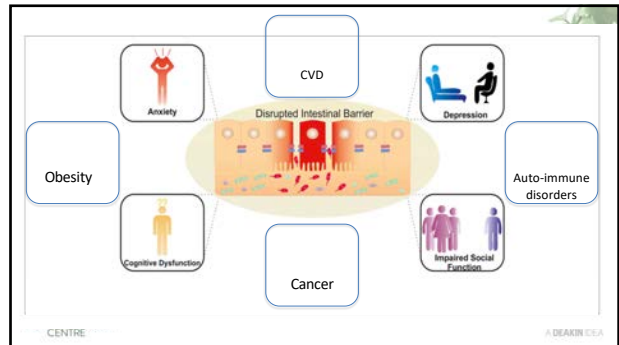
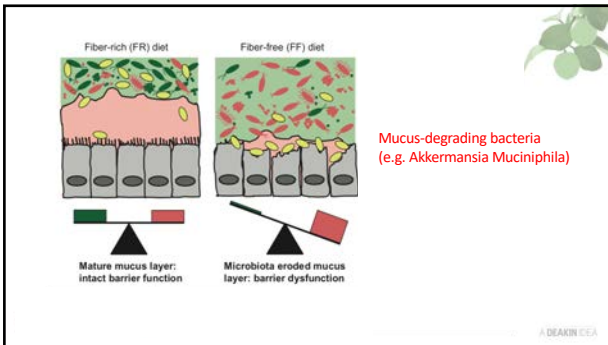


Microbiota insufficiency syndrome (MIS)



Bacterial and human genes





LONG-TERM

Human genome adapts

SHORT-TERM?

- Natural and engineered MAC-rich foods
- Re-established beneficial taxa ('re-wilding')
- Personalised strategies

- Love your guts
- Feed your guts
- Protect your guts
- Look after your children's guts
- Look after the planet's guts