

# Development of the Gut Microbiota Over the Human Lifespan: its Interaction with Diet and Influence on Health and Illness

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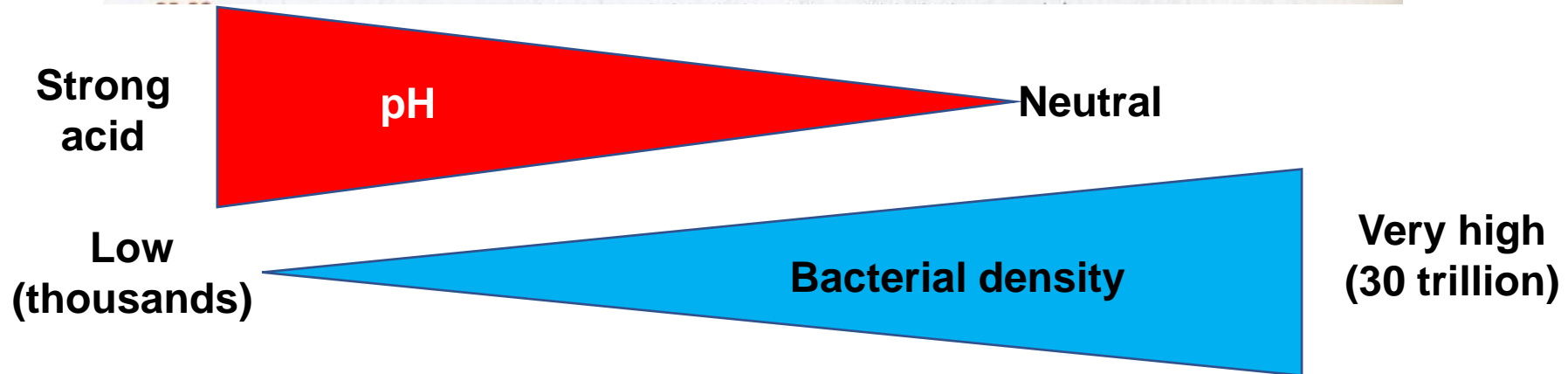
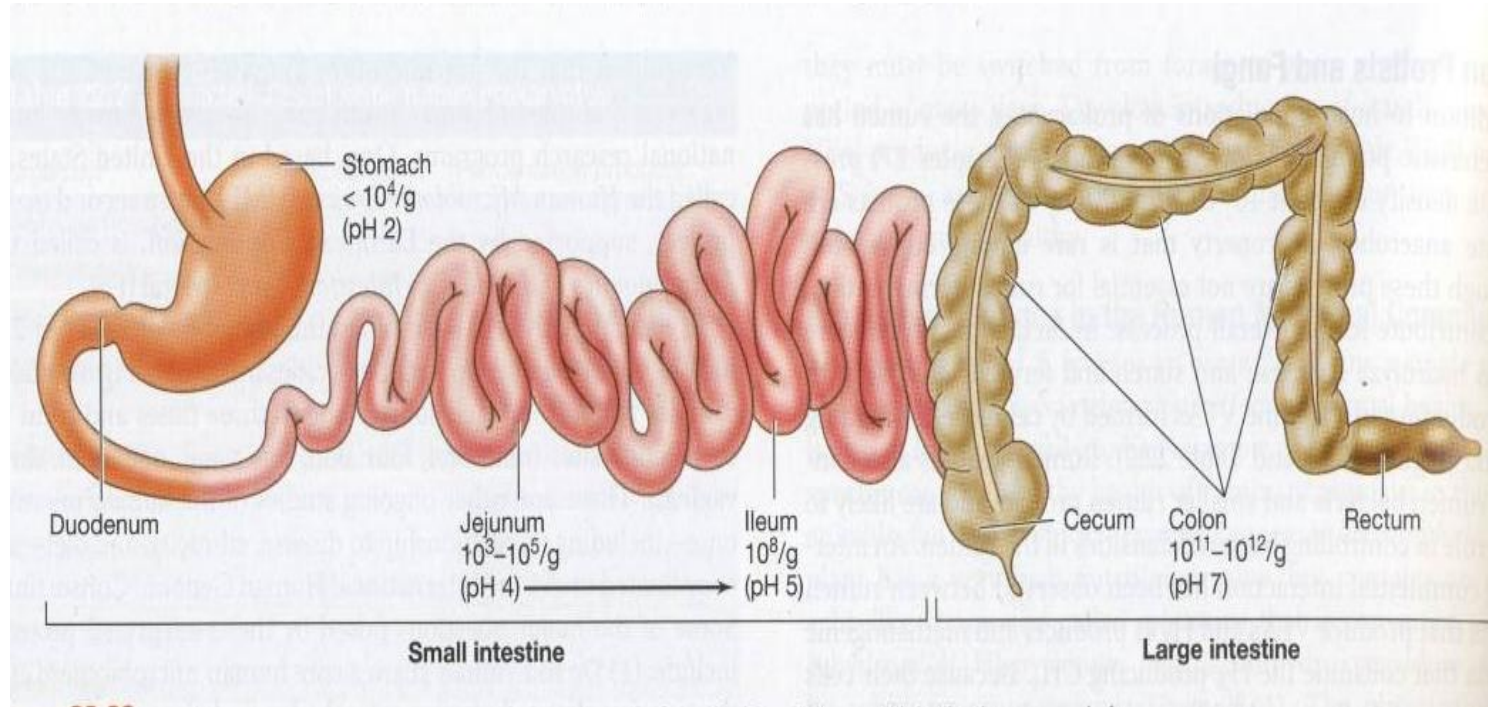


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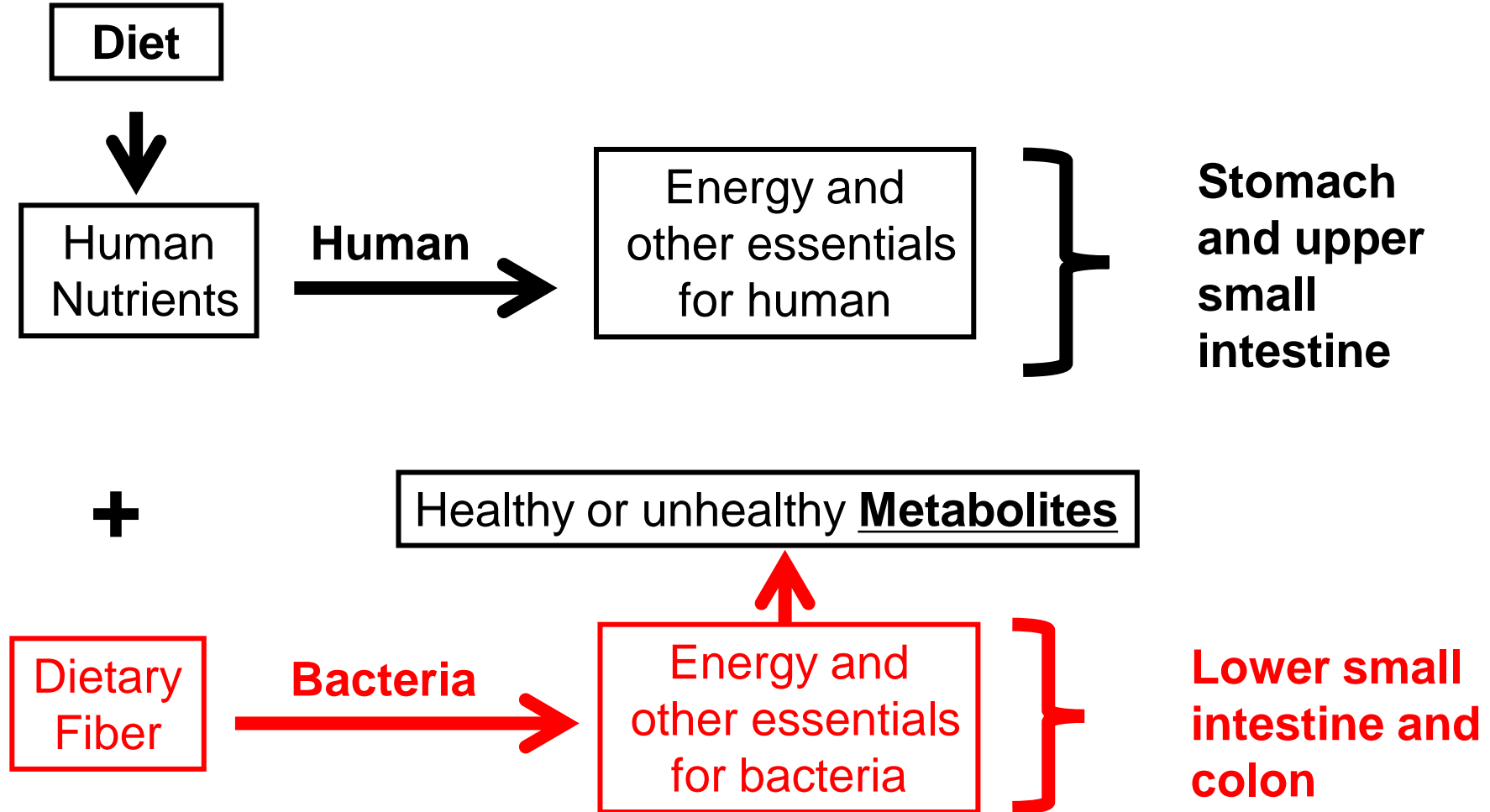
November 2021

<https://us02web.zoom.us/j/86849629472?pwd=V3ZRC3prVEFZeVRjeW9aZ1N1OEhJQT09>

# Anatomy of the human digestive tract



# We eat for two (ourselves and our gut bacteria), and we are what we eat!

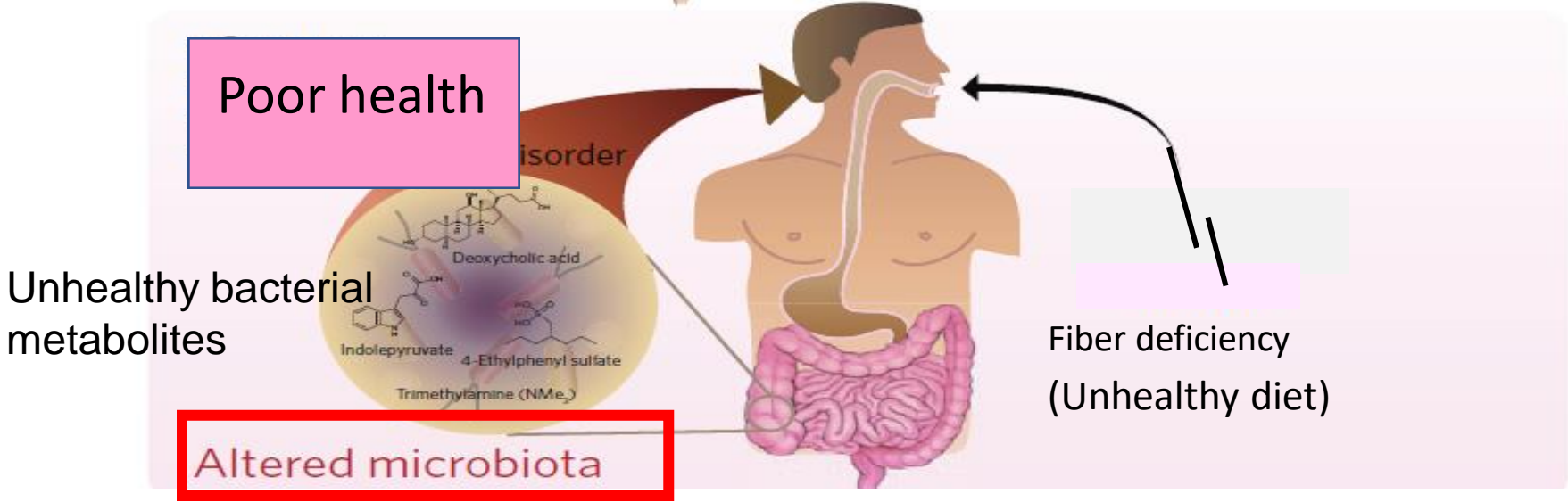
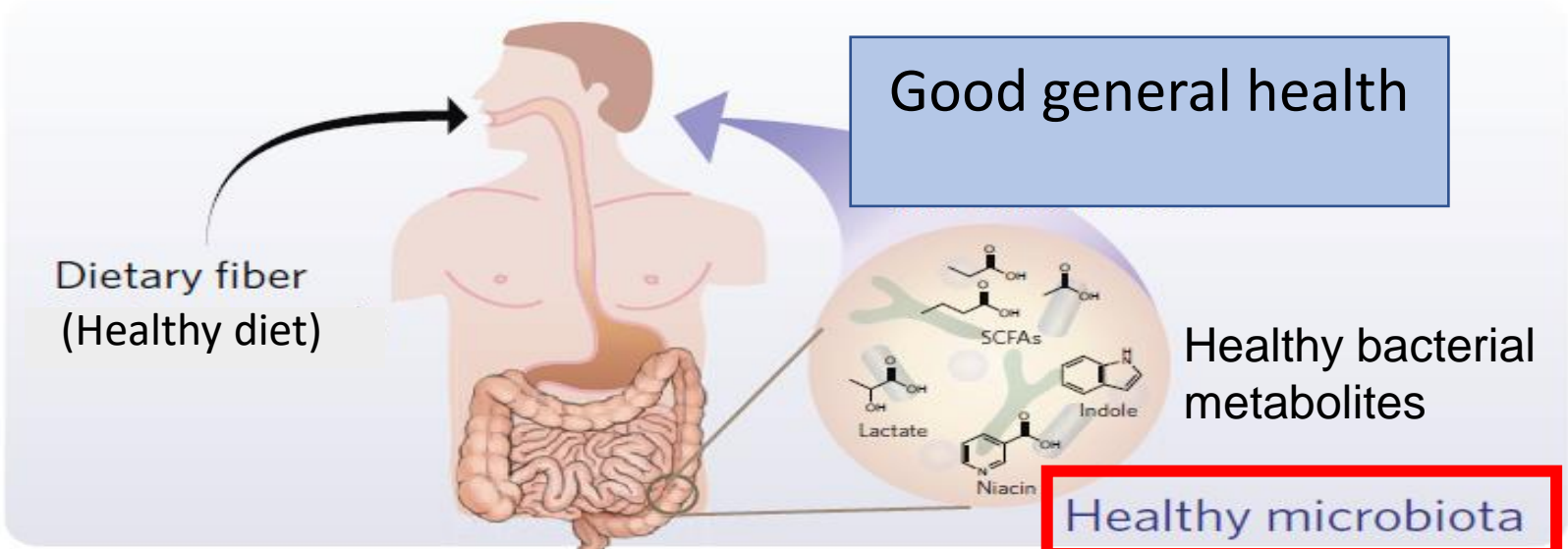


# What is dietary fiber? (new Canada food guide is good source but it fails to mention role of gut bacteria)



- Fresh fruits and vegetables
- Others: whole grains, beans, nuts, etc.
- Benefits: “.....decreased risk of cardiovascular disease, colon cancer, and type 2 diabetes” --- but no mention of gut microbiota and the importance of their metabolites

# Summary



## Essential function of gut bacterial metabolites

- Bacterial metabolites maintain and regulate functions of your immune system
- Maintains and regulate activities of your digestive system
- Used to mediate communication between gut and brain
- Remember that healthy diets support population of “good” gut bacteria and their healthy metabolites. Not so if you abuse your diet