5 Takeaways

Understanding the Microbiome Series - Human Microbiome Through the Lifespan

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1. Microbiomes are unique to each person, with important similarities within households and geographic regions.

2. Most microbes are not pathogens! There are enormous numbers of undiscovered microbes, especially beyond better studied industrialized humans.

3. Early life gut microbiomes are very influenced by breastfeeding; diversity stabilizes by age 3-5 in humans.

4. Adult microbiomes are stable, diet and lifestyle are important impacts.

5. Later adult microbiome diversity begins to decline, especially without access to whole food diets.

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