

PRESS RELEASE

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A HUNDRED TRILLION REASONS TO CELEBRATE WORLD MICROBIOME DAY THE 27th OF JUNE

APC Microbiome Ireland has declared the 27th of June the first annual [World Microbiome Day](#). A very welcome initiative! What has been obvious for scientific insiders is now also becoming clear to the general public. We are inhabited by microbes throughout our lives and it is increasingly clear that they play an important role in our health and wellbeing. This is replacing the old belief that all microbes are harmful and cause disease, as many microbes with whom we cohabit are actually beneficial to us.

Our microbiota has been suggested to contribute to health in many areas including digestive health and immune health. Specific involvement in weight maintenance, mental health and sports performance have been suggested. This new, exciting research area focusses primarily around the gut microbiota, in practice through the studies on the faecal microbiota. Well documented interventions, like changes in nutrition and other life-style habits, are known to have multiple effects on the microbiota.

Some microorganisms, normally referred to as probiotics, support the functioning of the gut microbiota and use similar interactions with the host to support health. Similarly, some dietary ingredients, referred to as prebiotics, can play an important role in sustaining a normal microflora. Moreover, several medical and scientific organisations have highly recommended, in their evidence-based guidelines, the use of probiotics to ameliorate gastrointestinal symptoms or diseases in children and adults. These organisations include the World Gastroenterology Organisation, and the European Society for Paediatric Gastroenterology Hepatology and Nutrition.

With an estimated 100 trillion (=100 000 000 000 000) microbes, the intestinal microbiota represents the numerically dominant part of the human microbiota.

However, every part of the body that is exposed to the environment is colonised by a specific microbiota. Some even suggest that certain sites in the body, earlier thought to be sterile such as adipose tissue, may also have a specific microflora.

This is, of course, all a rather anthropocentric view of the world. In reality, we live in a microbial world. Microbes are everywhere and influence us directly and indirectly on many levels: from fermented foods to the production of industrial enzymes and antibiotics, and from agriculture to waste water treatment, and beyond.

So, Happy Microbiome Day & take care of your microbiome!

Read more about the initiative here: <http://worldmicrobiomeday.com/>

Rosanna Pecere

Executive Director IPA Europe

ABOUT IPA EUROPE

IPA Europe is the European chapter of IPA, the International Probiotics Association; it was established in Brussels in 2015. The members of IPA Europe are companies directly engaged in the manufacture of probiotic cultures or probiotic foods, supplements, nutritionals or therapeutic products: BioGaia, Chr. Hansen, Danone, DuPont, IPA, Lallemand, Lesaffre, Probi and Yakult. The IPA Europe mission is: to gain acceptance of the term “probiotic” throughout Europe as a defined category and to create a favourable environment for probiotics in Europe. For additional information on IPA Europe’s activities see: <http://ipaeurope.org>

FOR MORE INFORMATION

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