Personalized Dietary Treatment Based on the Gut Microbiome

1. A Science-based estimate of the number of bacteria in the human body.


2. Breakthrough research showing glycemic response can be predicted by an algorithm based on the microbiome.


3. The study by the Jean Mayer USDA Human Nutrition Research Center on Aging (USDA HRNCA) at Tufts University suggesting the glycemic index has limited utility as a tool to predict how a food affects blood sugar levels


4. Study showing people have a wide variance in response to a food.


5. A comparison of two different methods of analyzing the microbiome showing the full shotgun sequencing is more precise.


6. Environment has more of an effect on microbiome than genetics


7. Mayo Clinic Study on the Personalized Predictive Model for Glycemic Response

Helena Mendes-Soares, PhD; Tali Raveh-Sadka, PhD; Shahar Azulay, BSc. Assessment of a Personalized Approach to Predicting Postprandial Glycemic Responses to Food Among Individuals Without Diabetes. JAMA Netw Open. 2019;2(2): e188102. doi:10.1001/jamanetworkopen.2018.8102 Published online 8 February 2019 https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2723644?resultClick=1