

The gut microbiota and childhood weight development

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Propositions

1. The prevention and management of obesity should begin in childhood. (Smith *et al.*, 2015)
2. Bioinformatics methods are needed for the analyses of complex data such as the gut microbiome to be able to unravel the potential impact of specific bacterial taxa in the development of childhood (over)weight. (this thesis)
3. Modulation of the gut microbiota represents a promising measure for the prevention or treatment of obesity. (this thesis)
4. *Akkermansia muciniphila*, which has consistently been reported to be inversely associated with overweight, is good candidate probiotic to maintain metabolic health in (overweight) children. (this thesis)
5. Implementation of, and adherence to, strict guidelines regarding the empiric use of antibiotics is not only necessary to fight the development of antimicrobial resistance but also to limit the negative impacts on childhood weight development. (this thesis)
6. Archaea facilitate the process of bacterial fermentation by hydrogen disposal and hence contribute to the development of childhood over(weight). (this thesis)
7. Exploring the early development of the microbiome in its complexity, its dependence on dietary and other exogenous factors, and its metabolic and regulatory functions is promising. (Koletzko B, 2016)
8. We can pay now to prevent or pay later to treat. (Martin Blaser)
9. No matter how great a king is, a running stomach can never respect him (Pete Edochie).
10. Everything seems impossible until it is done (Nelson Mandela)
11. A single hand cannot tie a bundle.