

# Microbiota, obesity and insulin resistance

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### **MICROBIOTA, OBESITY AND INSULIN RESISTANCE** **Unraveling the impact of the microbiome on metabolic health in humans**

*Dorien Reijnders, 21 September 2016*

1. Gut microbiota manipulation by 7 days antibiotic treatment does not significantly affect host metabolism in obese humans - *This thesis*
2. Gut microbiota manipulation by 7 days antibiotic treatment has no significant effects on *ex vivo* basal and maximal  $\beta$ -adenergetic receptor-mediated lipolysis in mature human adipocytes - *This thesis*
3. Gut microbiota manipulation by 7 days antibiotic treatment does not significantly alter postprandial metabolite fluxes across forearm muscle in obese humans - *This thesis*
4. Gut microbiota composition is not significantly associated with hepatic, peripheral and adipose tissue insulin sensitivity when the obese state has already developed - *This thesis*
5. The human organism and its interaction with the environment is extremely complex; one cannot simply translate findings from one single cohort into generalized biological relevance when it comes to microbiota research
6. If the dynamics of an organ's microbial community are universal, we can use them to predict effective interventions for modulating the microbiota. If, however, microbial dynamics are host-specific, interventions must be designed separately for each person - *Karoline Faust, Nature 2016*
7. The apparent contradiction between findings in germ-free mice and conventionally-raised mice as well as humans may in fact not be that contradictory at a second glance - *Lorenza Conterno, Genes & Nutrition 2011*
8. Policies and education that encourage better nutrition and minimize sedentary behaviour will promote default behaviours that could lower the prevalence of type 2 diabetes mellitus - *American Association of Diabetes Educators*
9. Patience is bitter, but its fruit is sweet - *Aristoteles*
10. You feel alive to the degree that you feel you can help others - *John Travolta*
11. The stories we love best, do live in us forever - *J.K. Rowling*