

**Ingredient spotlight:**

Volume 23, Issue 6, June 2015, Pages 354-366

Review Fate, activity, and impact of ingested bacteria within the human gut microbiota

Muriel Derrien Johan E.T.van Hylckama Vlieg\*

A review: chemical, microbiological, and nutritional characteristics of kefir Seher Arslan. Pages 340-345 | Received 25 Jul 2014, Accepted 24 Oct 2014, Published online: 26 Nov 2014

Properties and benefits of kefir -A review Stephen Moses John\* and Sirirat Deeseenthum. Songklanakarin J. Sci. Technol. 37 (3), 275-282, May-Jun. 2015

Front Microbiol. 2015; 6: 1177. Published online 2015 Oct 30. doi:

10.3389/fmicb.2015.01177 PMID: 26579086 Milk kefir:

composition, microbial cultures, biological activities, and related products. Maria R. Prado,<sup>1</sup> Lina Marcela Blandón,<sup>1</sup> Luciana P. S. Vandenberghe,<sup>1</sup> Cristine Rodrigues,<sup>1</sup> Guillermo R. Castro,<sup>2</sup> Vanete Thomaz-Soccol,<sup>1</sup> and Carlos R. Soccol,<sup>1,\*</sup>

Open Access Published: 11 September 2014 Changes of the human gut microbiome induced by a fermented milk product. Patrick Veiga, Nicolas Pons, Anurag Agrawal, Raish Oozeer, Denis Guyonnet, Rémi Brazeilles, Jean-Michel Faurie, Johan E. T. van Hylckama Vlieg, Lesley A. Houghton, Peter J. Whorwell, S. Dusko Ehrlich & Sean P. Kennedy Scientific Reports volume 4, Article number: 6328 (2014)

Cell Volume 148, Issue 6, 16 March 2012, Pages 1258-1270 Review The Impact of the Gut Microbiota on Human Health: An Integrative View Jose C.Clemente<sup>1</sup>Luke K.Ursell<sup>1</sup>Laura WegenerParfrey<sup>1</sup>RobKnight<sup>12</sup>

**Fertility feature:**

**Michela Vagnini:**

<https://www.britishfertilitysociety.org.uk/quickguides/age-and-fertility/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007064/>

<https://www.hsph.harvard.edu/news/hsph-in-the-news/excess-weight-sperm-fertility/>

<https://blogs.imperial.ac.uk/imperial-medicine/2020/01/15/could-weight-loss-improve-male-infertility-in-obese-men/>

<https://www.nature.com/articles/nrurol.2014.285>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6396757/> Environmental Toxins and Infertility Joseph Pizzorno,

<https://natural-fertility-info.com/fertility-herbs>

<https://pubmed.ncbi.nlm.nih.gov/16682265/#:~:text=Most%20relevant%20studies%20in%20animals,such%20as%20fetal%20resorption%2Fmiscarriage.>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6016043/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6010824/>

<https://www.bmj.com/rapid-response/2011/11/02/nutritional-factors-unexplained-infertility>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7076312/>

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<https://nutrition.org/a-diet-low-in-manganese-increases-complications-with-ovulation-and-may-impact-fertility/#:~:text=A%20Diet%20Low%20in%20Manganese%20Increases%20Complications%20with%20Ovulation%20and%20May%20Impact%20Fertility,-December%2022%2C%202018&text=A%20diet%20low%20in%20manganese%20may%20increase%20the%20risk%20for,female%20body%20prepares%20for%20pregnancy.>  
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6240172/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3341445/>

### **Medicinal mushrooms feature:**

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- [4] <https://www.sciencedirect.com/science/article/pii/S2213434417300051>
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### **Vitamin D feature:**

#### **Martina Della Vedova:**

Differences and determinants of vitamin D deficiency among UK biobank participants: A cross-ethnic and socioeconomic study. *Clinical Nutrition*, 2020)

#### **Rose Holmes:**

<sup>1</sup> Sunjaya AP, Allida SM, DiTanna GL, Jenkins C (2021) Asthma and risk of infection, hospitalization, ICU admission and mortality from COVID-19: Systematic review and meta-analysis. *Journal of Asthma* [Full article: Asthma and risk of infection, hospitalization, ICU admission and mortality from COVID-19: Systematic review and meta-analysis \(tandfonline.com\)](#)

### **Ask the Experts:**

#### **Rachel Redman:**

[Chronic Inflammation - StatPearls - NCBI Bookshelf \(nih.gov\)](#)

[Mucosal innate immune cells regulate both gut homeostasis and intestinal inflammation - PubMed \(nih.gov\)](#)

[Role of the microbiota in immunity and inflammation - PubMed \(nih.gov\)](#)

[Intestinal microbiota and probiotics in celiac disease - PubMed \(nih.gov\)](#)

[The intestinal microbiome in type 1 diabetes - PubMed \(nih.gov\)](#)

[Criteria for Environmentally Associated Autoimmune Diseases \(nih.gov\)](#)

[Autoantibodies against appetite-regulating peptide hormones and neuropeptides: putative modulation by gut microflora - PubMed \(nih.gov\)](#)

[The Mediterranean diet and health: a comprehensive overview - Guasch-Ferré - 2021 - Journal of Internal Medicine - Wiley Online Library](#)

[The importance of the omega-6/omega-3 fatty acid ratio in cardiovascular disease and other chronic diseases - PubMed \(nih.gov\)](#)

[Prebiotic nut compounds and human microbiota \(nih.gov\)](#)

[Micronutrient Intakes of British Adults Across Mid-Life: A Secondary Analysis of the UK National Diet and Nutrition Survey \(nih.gov\)](#)

[Prebiotic Potential and Chemical Composition of Seven Culinary Spice Extracts - PubMed \(nih.gov\)](#)