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## The intestinal short chain fatty acid production: its complexity and metabolic consequences

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## Propositions

Accompanying the thesis

### **The intestinal short chain fatty acid production: its complexity and metabolic consequences**

1. The human proximal colon is intrinsically a complex structure to study and remains as a black box. Better technology is urgently needed to assess key kinetic processes for the understanding of microbiota-host interaction.
2. Short chain fatty acids are metabolic substrates, and this should be carefully considered when developing SCFA supplementation as treatment strategy for metabolic syndrome. *Too much of something good can also be bad.*
3. Women comprise half of the world, and should be included in dietary intervention trials, not despite their different intestinal behavior, but because of it.
4. Interdisciplinary collaborations are essential for making good science and better scientists.
5. If you want to make god laugh, tell her your plans. - Woody Allen, adapted.
6. A pat in the back once in a while may be everything a millennial needs to continue trying.
7. Learning starts when you leave your comfort zone.