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That gut instinct! Novel insights in the interplay between the microbiota, serotonin metabolism and gut function

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PROPOSITIONS

That gut instinct!

Novel insights in the interplay between the microbiota, serotonin metabolism and gut function

Barbora Waclawiková

1. The sole administration of postbiotics represent a potential novel strategy to maintain gut health without the need of ingesting live cultures of beneficial bacteria (probiotics) (**chapter 2**, this thesis).
2. Deciphering the mechanisms by which gut microbiota and its metabolites maintain intestinal homeostasis is crucial to understand the role of these microbes in gastrointestinal health and disease (**chapter 2 and 4**, this thesis).
3. Studying the effect of medications/postbiotics on the gut microbiota composition should not be overlooked.
4. Microbiota-serotonin interplay could lead to an enhancement of gut bacterial fitness and to overall homeostasis of the gastrointestinal tract (**chapter 5**, this thesis).
5. Data sharing, unification of experimental methods and (statistical) analyses could help speed up (host-microbe interactions) research progress.
6. The human gut is the governor of an amazing host-microbe interactive environment.
7. Basic programming skills are increasingly critical for becoming a successful researcher/scientist.
8. The path towards a PhD is a long and bumpy road, however: *“Anything’s possible if you’ve got enough nerve”* – J. K. Rowling