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Lifestyle, the Gut Microbiome, and Our Well-Being

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Message from the Guest Editor

Dear Colleagues,

In this Special Issue, we aim to include articles that explore the impact of gut microbes and lifestyle choices on our well-being and the development of chronic diseases. Our lifestyle choices affect our gut microbiota, both beneficially and detrimentally, ultimately impacting our health and the development of chronic diseases. For example, the diet we eat is a lifestyle choice; the Western diet produces a distinct gut microbiota pattern compared to cultures with a higher fiber and lower saturated fat, sugar and sodium intake. Notably, many chronic diseases are associated with Western culture. Thus, papers which highlight the effect of lifestyle on the gut microbiome and our well-being are welcome.



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Special *Issue*



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