

Brain-Gut Microbiome and Obesity

Key Takeaways

- ▶ The brain and gut microbiomes are interconnected systems; understanding this is important for health and disease
 - ▶ There is a bidirectional loop, with signaling in both directions
- ▶ Animal data show obesity is also impacted by the gut microbiome
- ▶ The normal homeostasis is shifted in obesity, causing brain and microbiome disruptions that impact eating behavior
- ▶ Looking holistically at the system gives multiple opportunities to intervene
- ▶ Gut-directed therapies can deliver small changes to their diet that can help promote healthy bacteria in the microbiome

Source: Church A. Interview: Brain-Gut Microbiome and Obesity. [The Best of Obesity Week. November, 2024.](#)