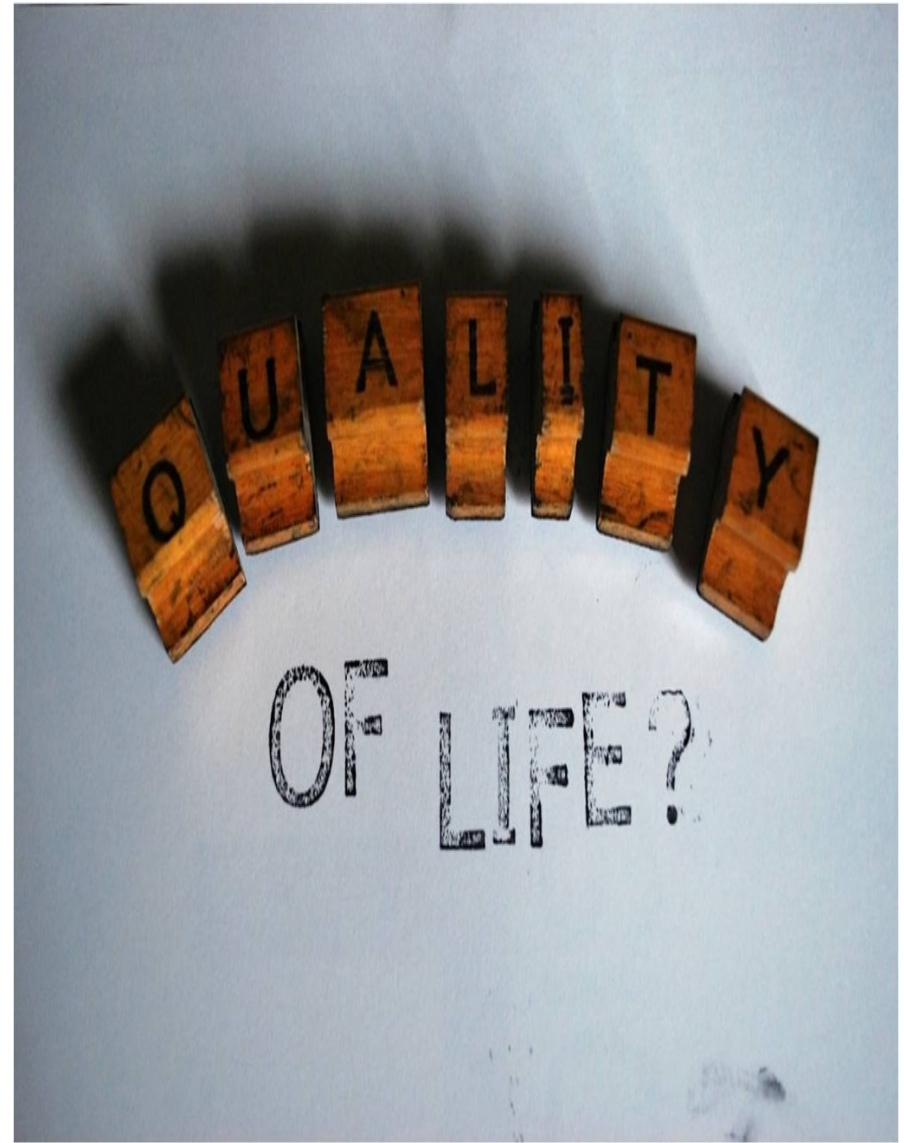




Incontri AIGO in EXPO 2015

**MANGIAR BENE E SALVAGUARDARE IL
FEGATO: ASPETTI EPIDEMIOLOGICI
E CONTROVERSIE**

M. Carrara, E. Claar, F. Rosina



Cibo : mediatore del benessere mentale e relazionale

12x happy Increase Serotonin

Dave Sommers

By: authenticdiscovery.com.au



Banana
boosts serotonin



Spend time
in nature



Leafy Greens
boost Energy



Walnuts - Omega 3
brain nutrients



Smiling releases
happy hormones



Epson Salt
Calming



Oats
Eases Depression



Cayenne Peppers
Relieves Depression



Water Hydration
More Energy less stress



Green Smoothie
Energy boost, zap!



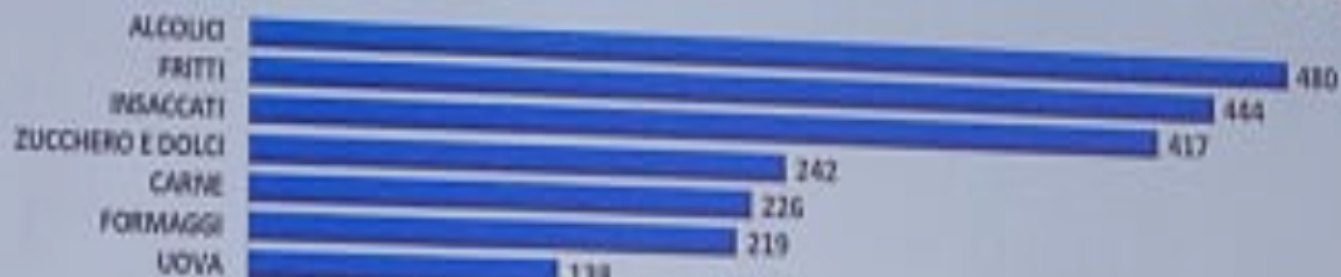
Almonds
Brain Food-Magnesium



Walking- clears mind
boosts serotonin



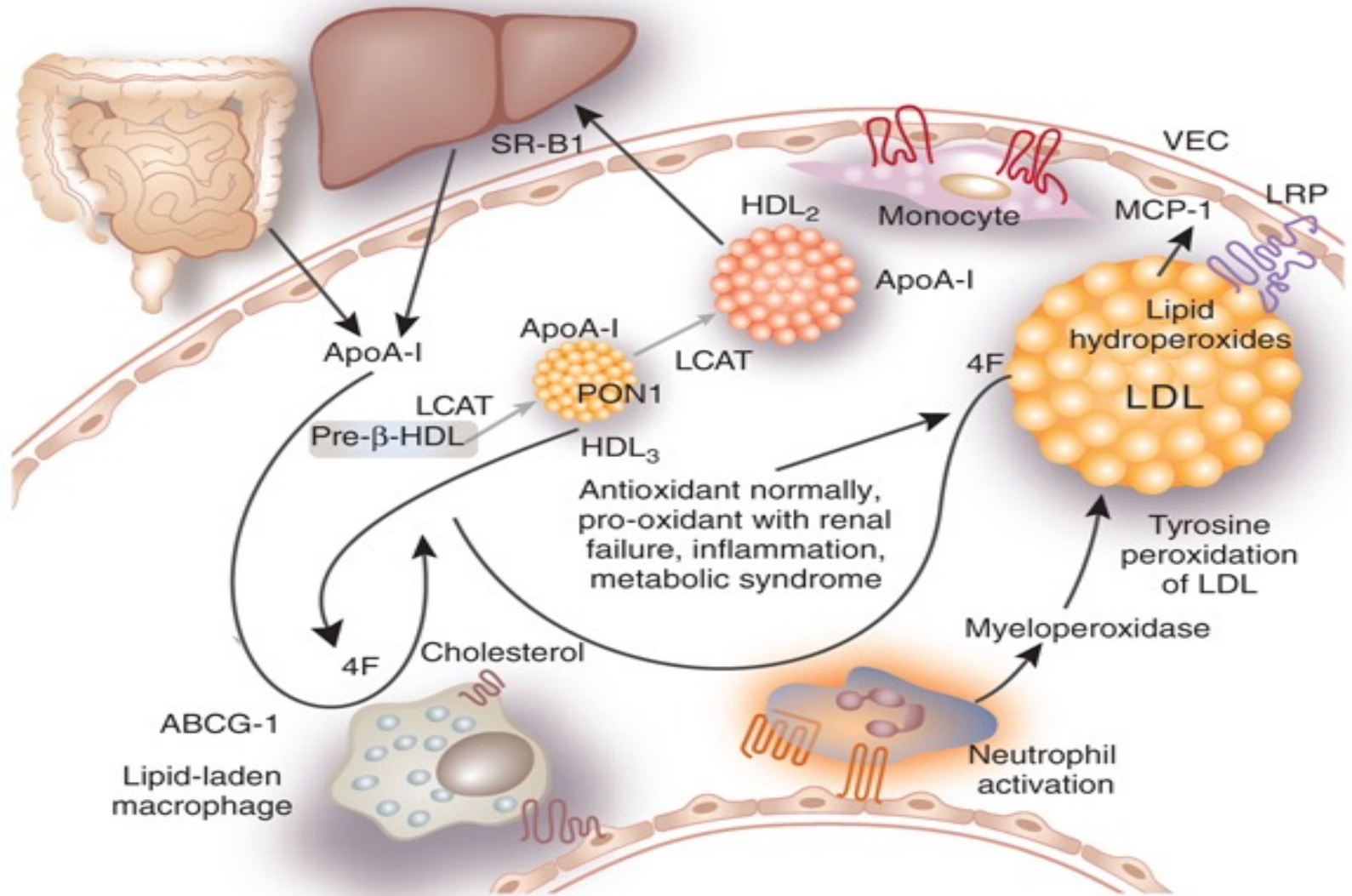
QUALI ALIMENTI CREDI CHE SIANO NOCIVI PER IL TUO FEGATO?



**La dieta in bianco apporta benefici al fegato?
Il 34% degli intervistati pensa di Sì!**

TISANE A BASE DI MENTA	1
TE	1
PANE E PIZZA	1
OLIO DI PALMA	1
FAGIOLI	1
FARINA BIANCA	1
ACQUA FRIZZANTE	1







Microbiota composition is affected by **life events**



Hepatological life events: infections, drugs, ethanol, toxic compound, diet



High Fat Diet

← Ist HIT

Dysbiosis + Liver steatosis

Increased permeability

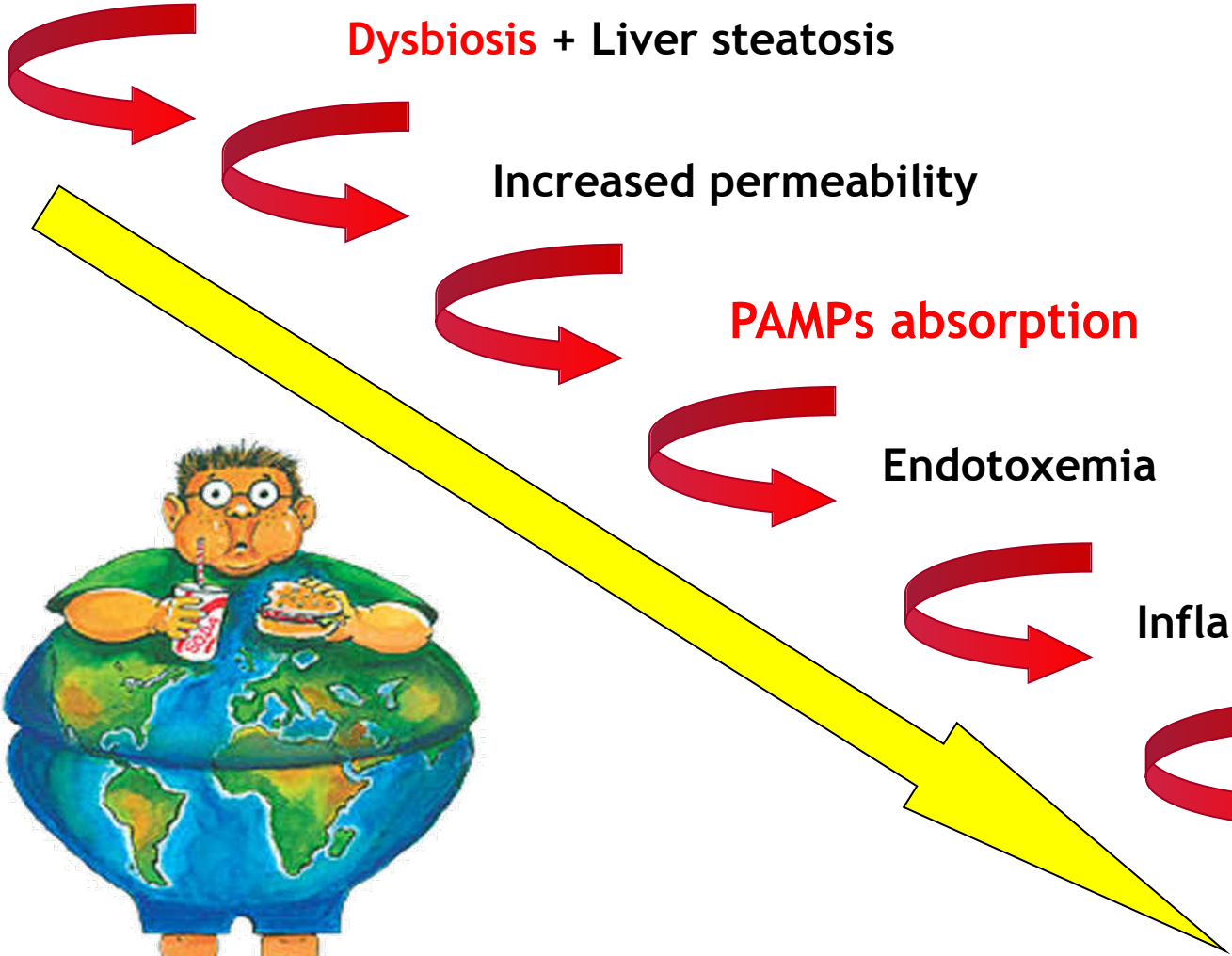
PAMPs absorption

← IIInd HIT

Endotoxemia

Inflammation

Steatohepatitis/
fibrosis/
Metabolic
disorders



Pediatric Gastroenterology, Hepatology & Nutrition

Korean Society of Pediatric Gastroenterology, Hepatology and Nutrition

Pediatr Gastroenterol Hepatol Nutr. 2013 March; 16(1): 22-27.

PMCID: PMC3746040

Published online 2013 March 31. doi: [10.5223/pghn.2013.16.1.22](https://doi.org/10.5223/pghn.2013.16.1.22)

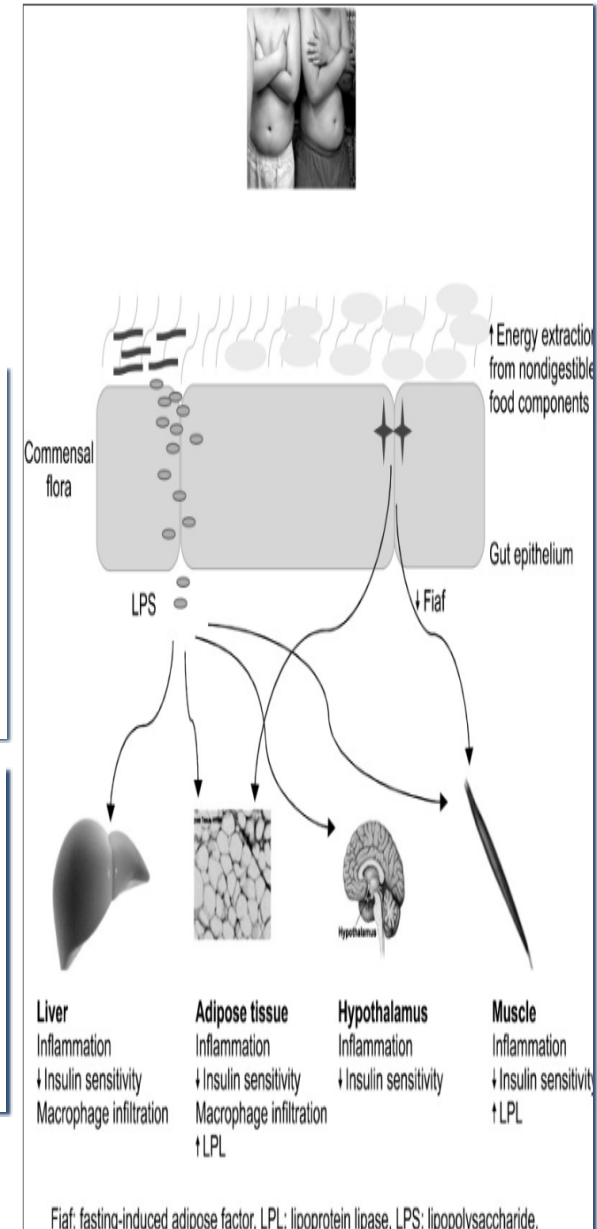
Gut Microbiota and Clinical Disease: Obesity and Nonalcoholic Fatty Liver Disease

Ji Sook Park,  Ji Hyun Seo, and Hee-Shang Youn

CONCLUSION

Go to: 

Obese subjects have a specific intestinal microbiota, which can harvest energy from the diet more effectively with greater synthesis of fatty acid by peripheral adipose tissue and the liver through several pathways ([Fig. 1](#)). Modulation of gut microbiota has been suggested as a treatment for obesity and NAFLD, using probiotics, prebiotics and synbiotics [45], but this needs further study.



Alterations of the human gut microbiome in liver cirrhosis

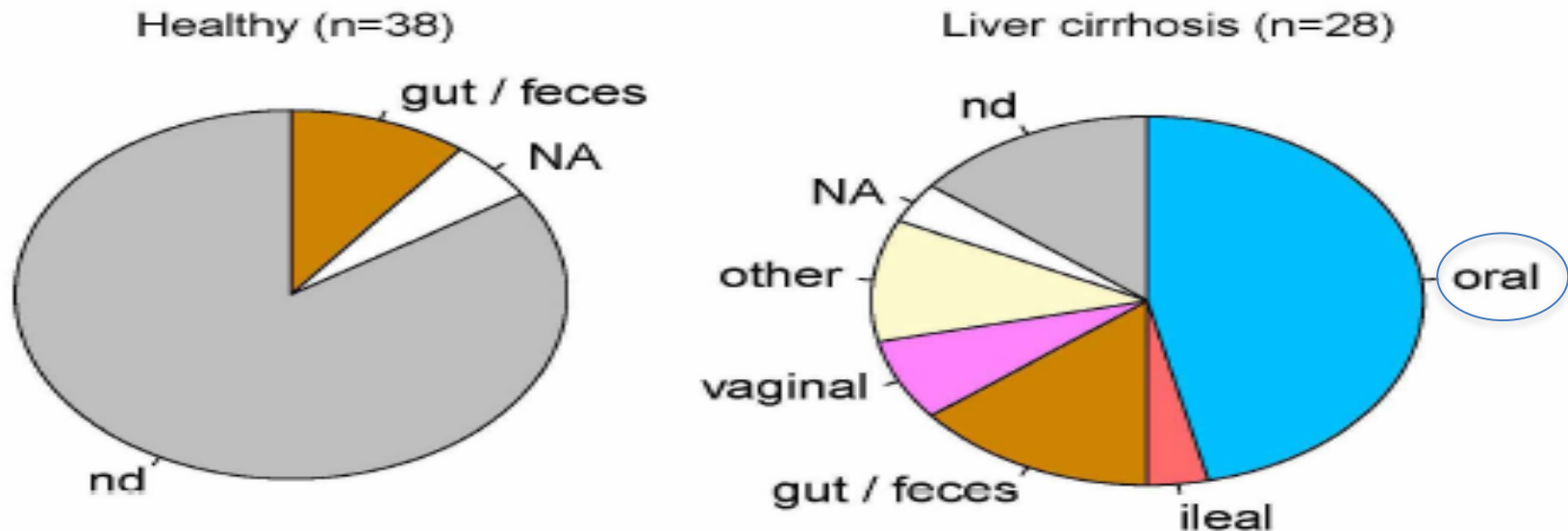
Nan Qin^{1,2*}, Fengling Yang^{1*}, Ang Li^{1*}, Edi Prifti^{2*}, Yanfei Chen^{1*}, Li Shao^{1,2*}, Jing Guo¹, Emmanuelle Le Chatelier³, Jian Yao^{1,2}, Lingjiao Wu¹, Jiawei Zhou¹, Shujun Ni¹, Lin Liu¹, Nicolas Pons³, Jean Michel Batto³, Sean P. Kennedy², Pierre Leonard³, Chunhui Yuan¹, Wenchao Ding¹, Yuanting Chen¹, Xinjun Hu¹, Beiwen Zheng^{1,2}, Guirong Qian¹, Wei Xu¹, S. Dusko Ehrlich^{3,4}, Shusen Zheng^{2,5} & Lanjuan Li^{1,2}

- ✓ **Bacteroides** was significantly decreased in the liver cirrhosis group
- ✓ **Veillonella, Streptococcus, Clostridium** and **Prevotella** were enriched in the liver cirrhosis group
- ✓ **Eubacterium** and **Alistipes** were dominant in the healthy controls



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54% of the patient-enriched, taxonomically assigned species are of buccal origin

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