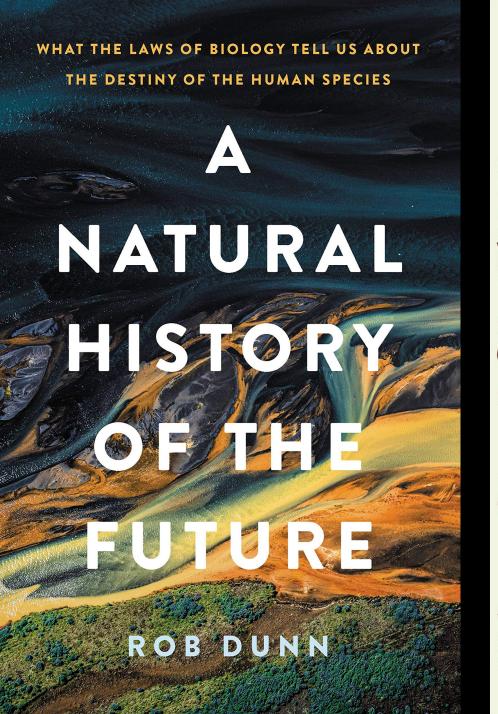
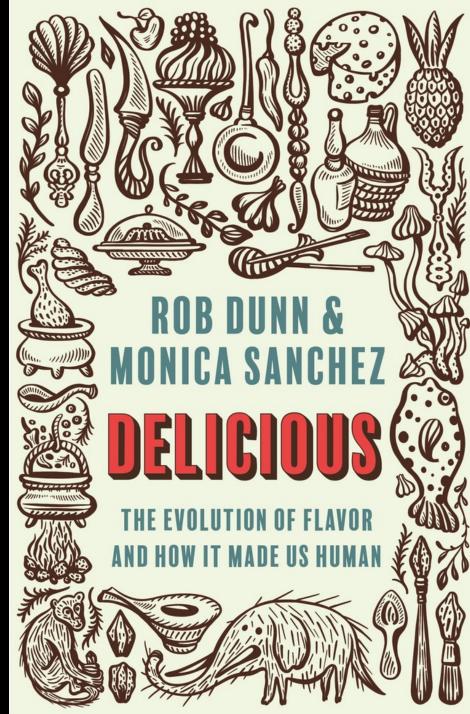
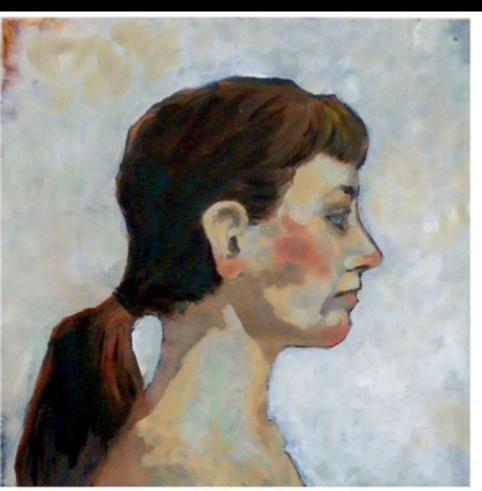
THE HUMAN HOLOGENOME





THE HOLOGENOME

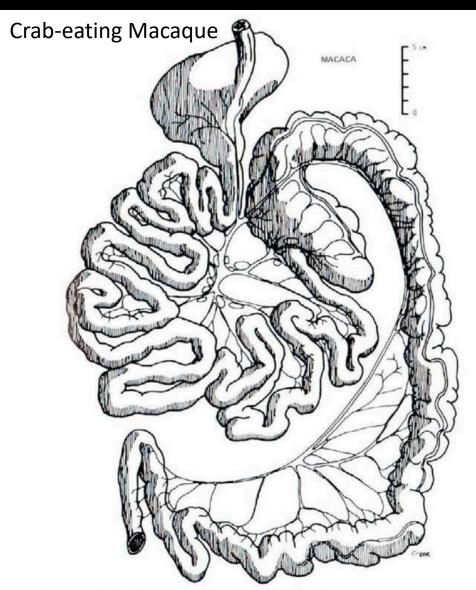




Me and My Other Self, Joana Ricou

EVOLUTION OF THE HUMAN HOLOGENOME

1. STOMACH (ACIDITY)





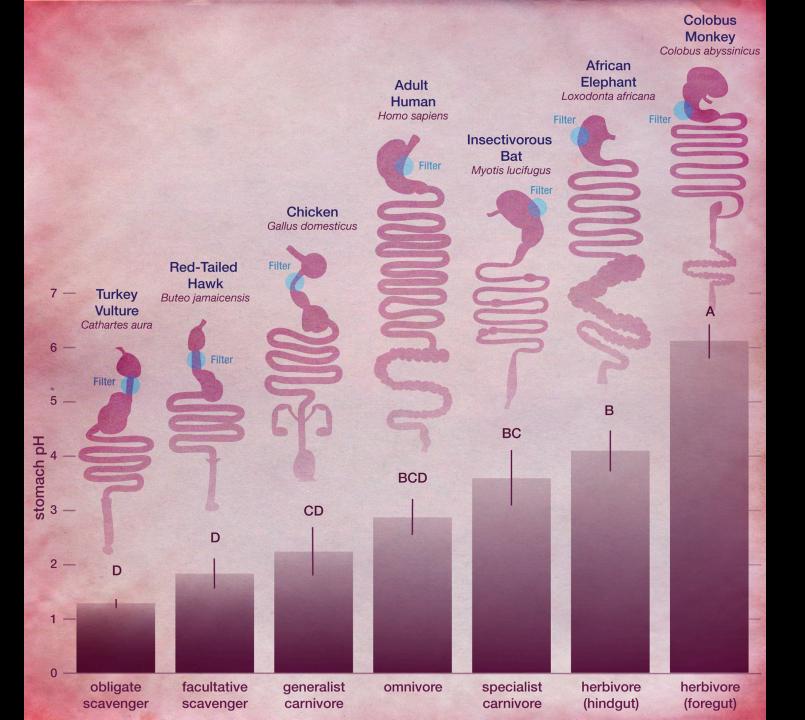




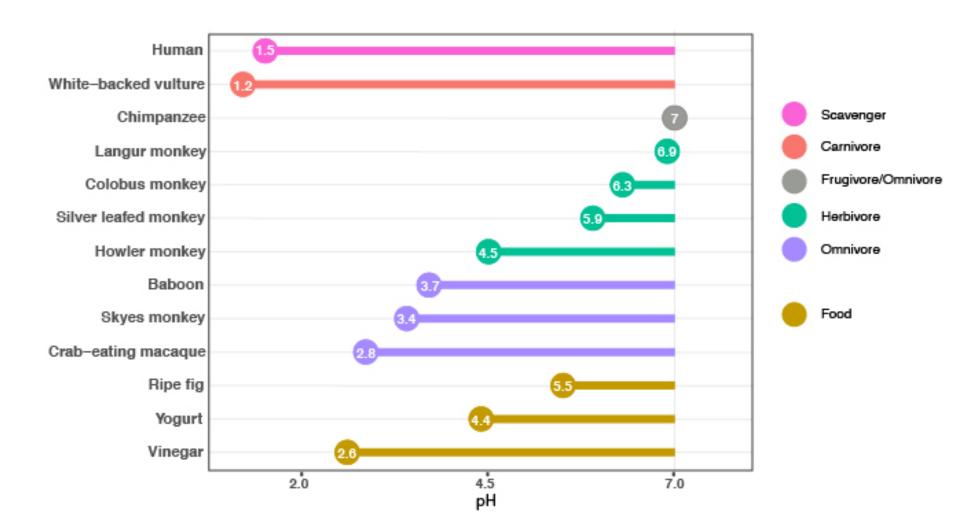
Beasley, DeAnna E., Amanda M. Koltz, Joanna E. Lambert, Noah Fierer, and Rob R. Dunn. "The evolution of stomach acidity and its relevance to the human microbiome." PloS one 10, no. 7 (2015): e0134116.

Dr. DeAnna Beasley, U. of Tennessee, Chattanooga





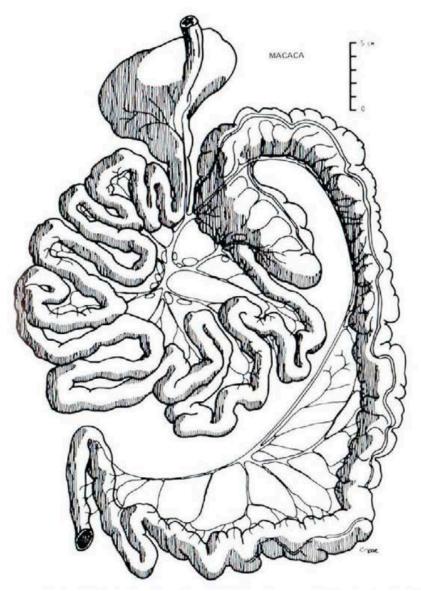




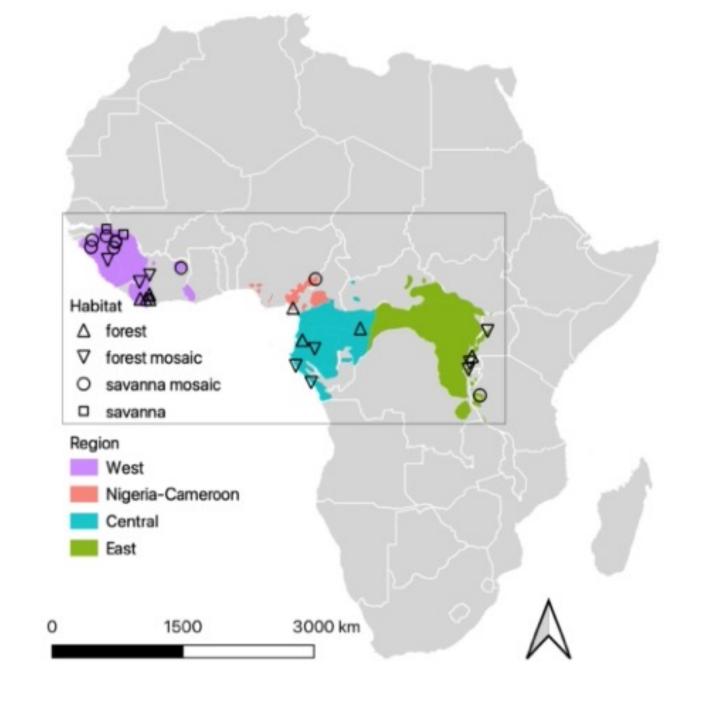
IMPORTANCE

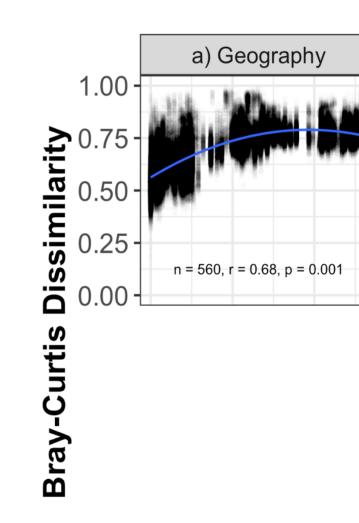
- Hard(er) for adult humans to acquire new microbes (e.g., from fermented foods)
- Any procedure or medicine that raises the pH of the stomach (makes it more neutral) increases risk of pathogens surviving to reach the intestines

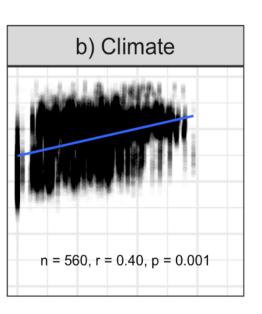
2A. INTESTINES (GEOGRAPHY)



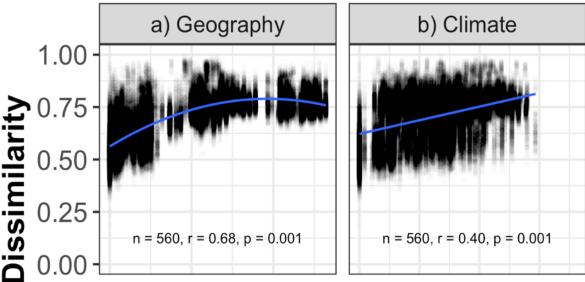










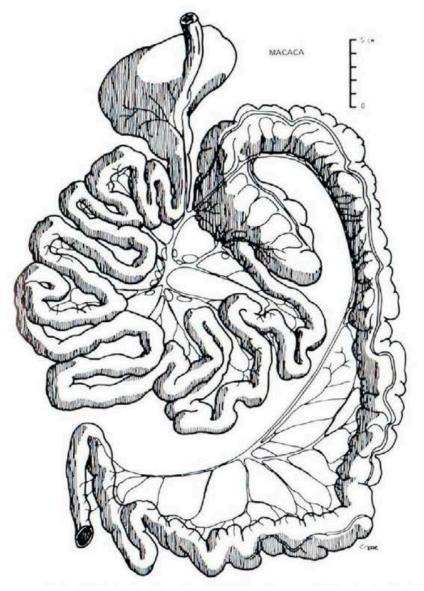


Due to a mixture of vertical inheritance of microbes from mom (during birth), environmental acquisition and diet.

Importance

 Has the effect of engendering microbiomes that reflect local conditions

2B. INTESTINES (CULTURE)

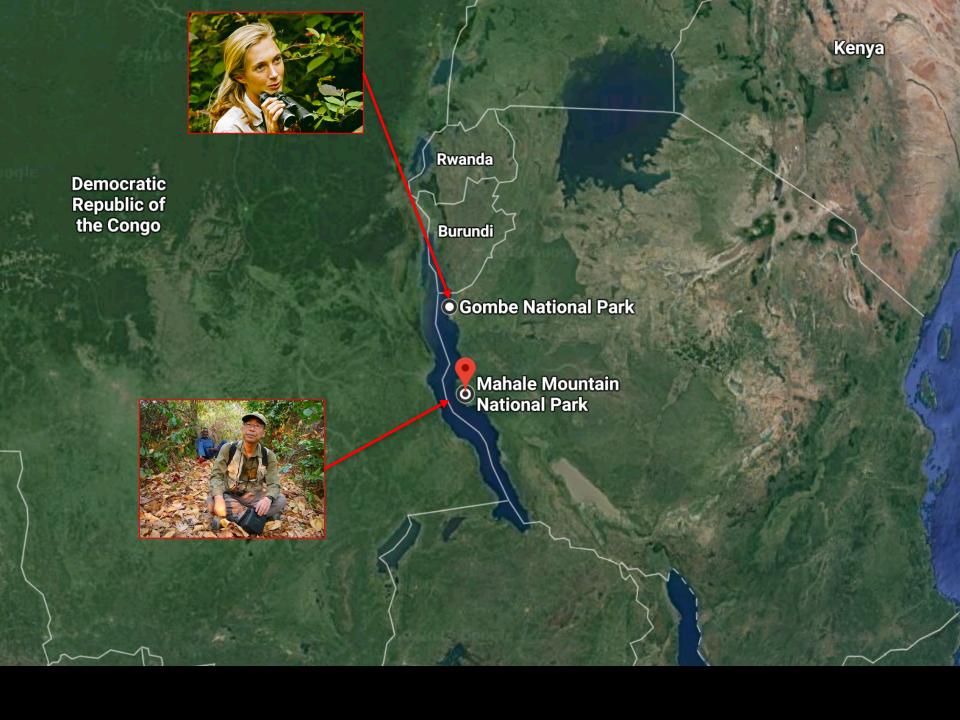




CHIMPANZEES HAVE GASTRONOMIC CULTURE



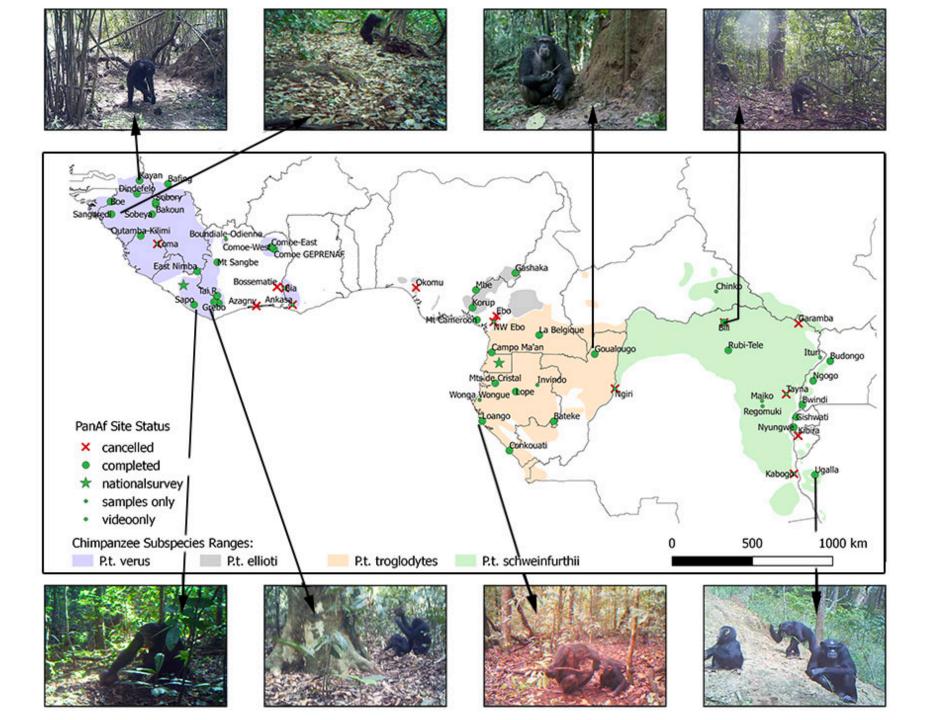


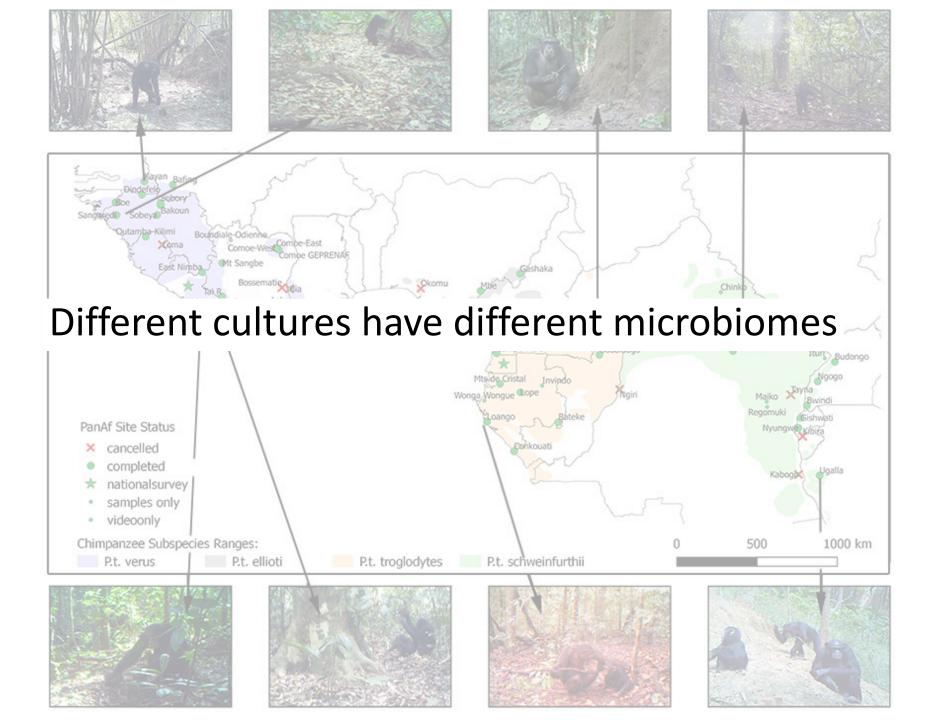




Zero calorie *Camponotus*

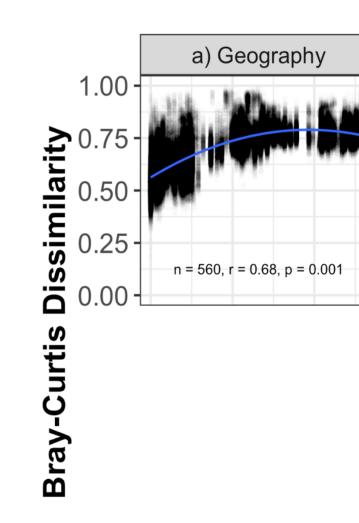


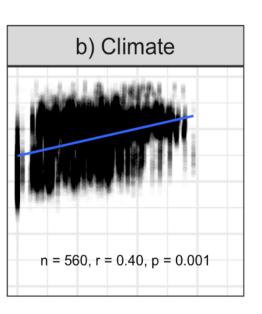


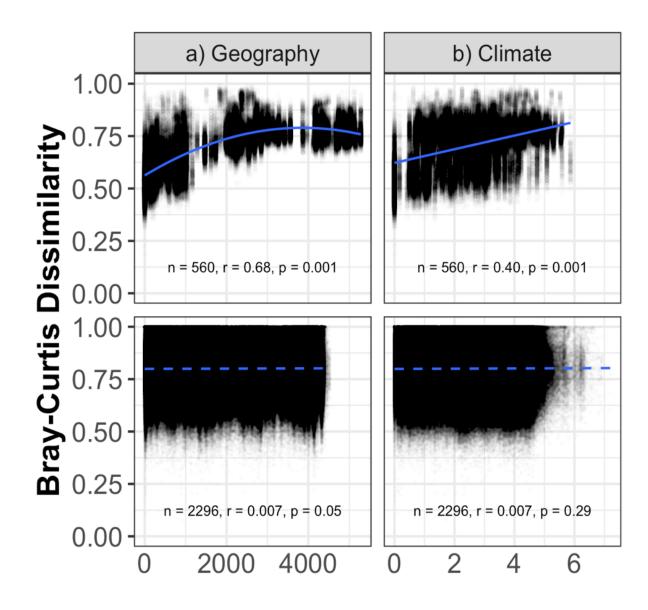


Importance (geography + culture)

- Has the effect of engendering microbiomes that reflect local conditions
- This becomes decoupled, however, when acquisition is interrupted (e.g., C-sections) or disconnects between ancestral and modern diets







C-sections + diet changes disconnect local context and microbiomes

Importance

- Has the effect of engendering microbiomes that reflect local conditions
- This becomes decoupled, however, when acquisition is interrupted (e.g., C-sections).
 This includes the loss of species.
- The species being lost are not only locally adapted, they are also key functional species.

LETTER

Diet-induced extinctions in the gut microbiota compound over generations

Erica D. Sonnenburg¹*, Samuel A. Smits¹*, Mikhail Tikhonov^{2,3}, Steven K. Higginbottom¹, Ned S. Wingreen^{4,5} & Justin L. Sonnenburg¹

The gut is home to trillions of microorganisms that have fundamental roles in many aspects of human biology, including immune function and metabolism^{1,2}. The reduced diversity of the gut microbiota in Western populations compared to that in populations living traditional lifestyles presents the question of which factors have driven microbiota change during modernization. Microbiota-accessible carbohydrates (MACs) found in dietary fibre have a crucial involvement in shaping this microbial ecosystem, and are notably reduced in the Western diet (high in fat and simple carbohydrates, low in fibre) compared with a more traditional diet³. Here we show that changes in the microbiota of mice consuming a low-MAC diet and harbouring a human microbiota are largely reversible within a single generation. However, over several generations, a low-MAC diet results in a progressive loss of diversity, which is not recoverable after the reintroduction of dietary MACs. To restore the microbiota to its original state requires the administration of missing taxa in combination with dietary MAC consumption. Our data illustrate that taxa driven to low abundance when dietary MACs are scarce are inefficiently transferred to the next generation, and are at increased risk of becoming extinct within an isolated population. As more diseases are linked to the Western microbiota and the microbiota is targeted therapeutically, microbiota reprogramming may need to involve strategies that

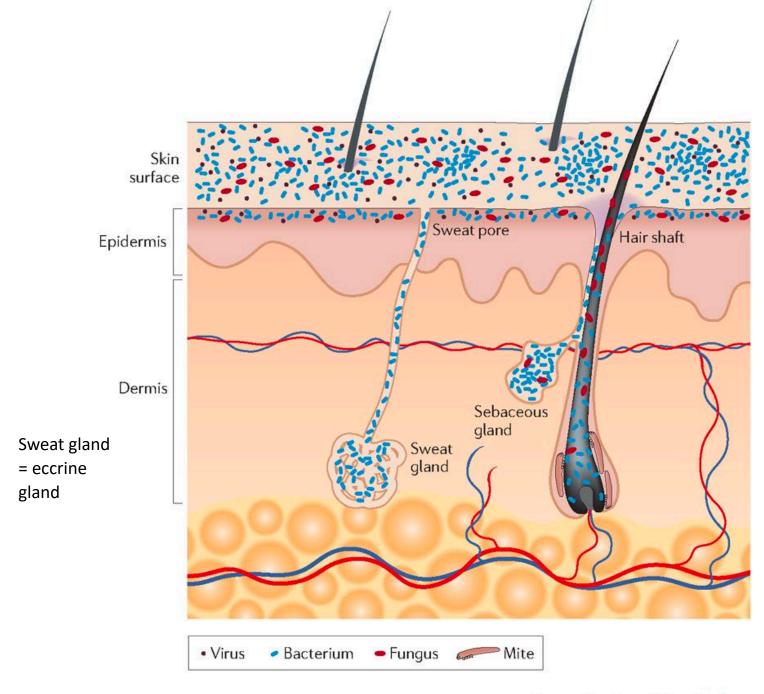
distinct from controls ($P=3\times10^{-8}$, Student's t-test; UniFrac distance **OTUs** the o that could be c highdence conf OTU ΓUs in the o itched 50% of from pared taxa with entary Tabl t, 33% lid not (710)char of 213) (Fig. ergent **OTUs** qual that ere no MACs

illustrating microbiota resilience over short time scales (Supplementary Table 1). Second, however, the low-MAC-diet perturbation induced 'scars' on the microbiota.

We proposed that diet-induced microbiota diversity loss would be magnified over generations. Mice from the previous experiment con-

3. SKIN

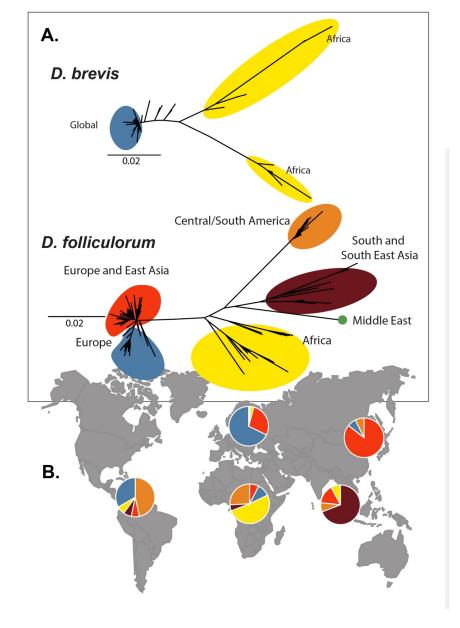




Sebaceous gland = apocrine gland

DEMODEX MITES





Global divergence of the human follicle mite *Demodex* folliculorum: Persistent associations between host ancestry and mite lineages

Michael F. Palopoli, Daniel J. Fergus, Samuel Minot, Dorothy T. Pei, W. Brian Simison, Iria Fernandez-Silva, Megan S. Thoemmes, Robert R. Dunn, and Michelle Trautwein

^aDepartment of Biology, Bowdoin College, Brunswick, ME 04011;

^bNorth Carolina Museum of Natural Sciences, Raleigh, NC 27601;

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^dCenter for Comparative Genomics, California Academy of Sciences, San Francisco, CA 94118:

^eDepartment of Biochemistry, Genetics and Immunology, University of Vigo, 36310 Vigo, Spain;

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- Hide authors and affiliations

PNAS December 29, 2015 112 (52) 15958-15963; first published December 14, 2015; https://doi.org/10.1073/pnas.1512609112

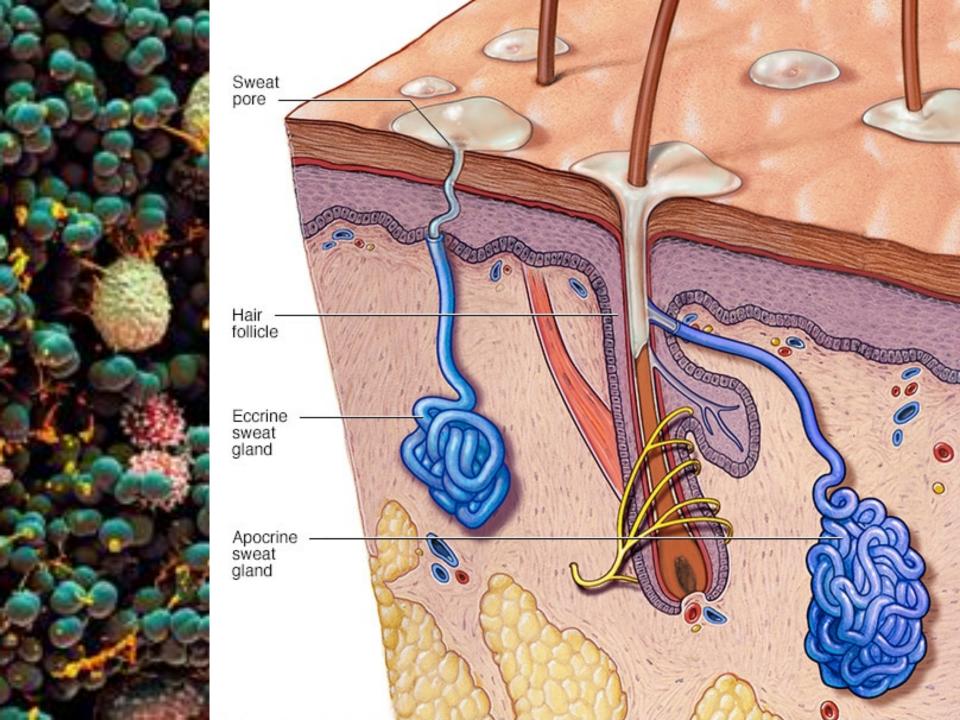
Edited by David M. Hillis, The University of Texas at Austin, Austin, TX, and approved November 12, 2015 (received for review June 26, 2015)

BACTERIA (AND FUNGI)



MEDICALLY NORMAL = Staphylococcus



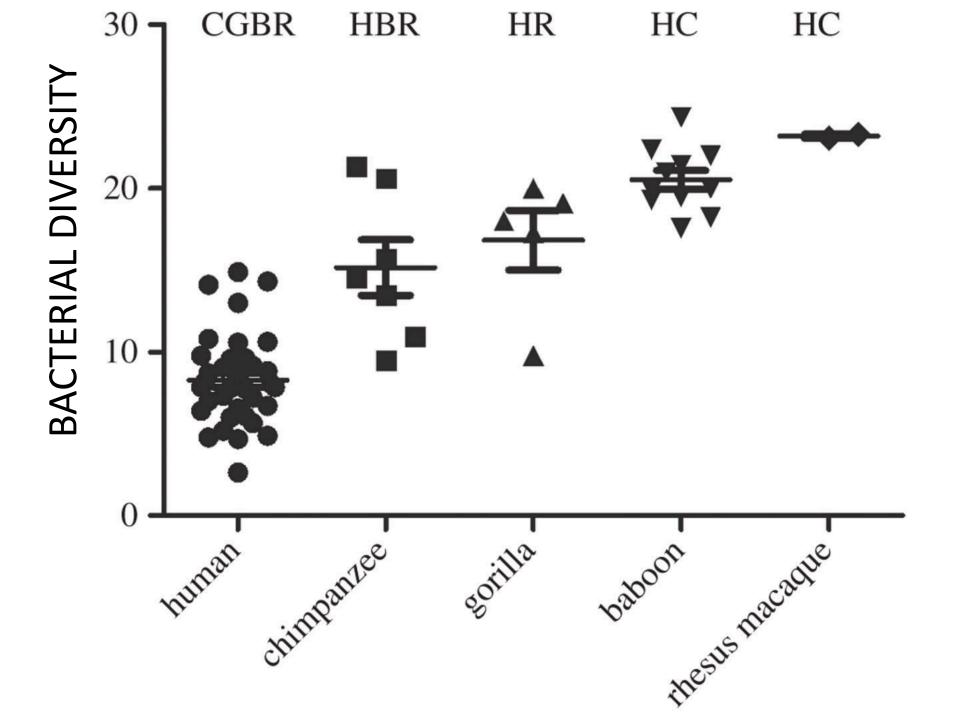


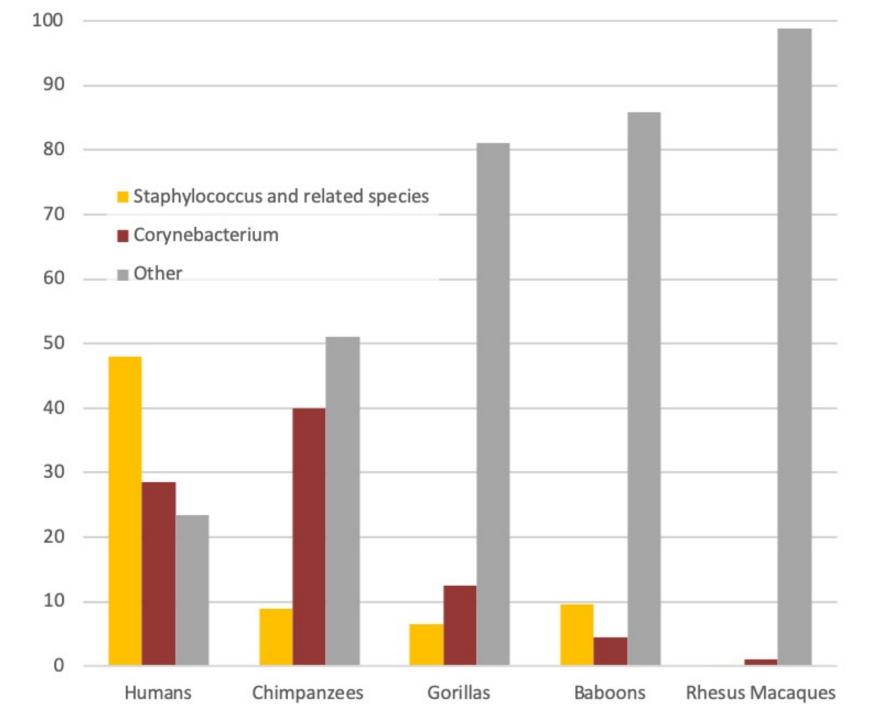


POTENTIAL ORIGIN OF THE GLANDS

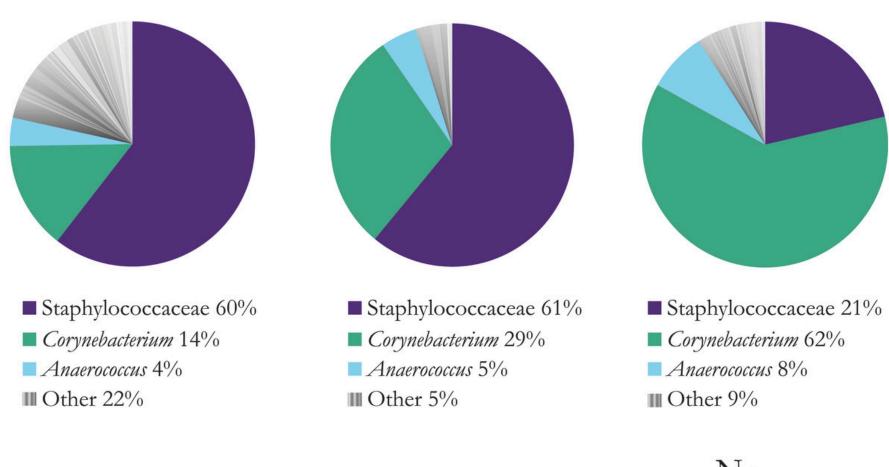
- Sexy (costly signal)
- Prevents pathogens (favors a good layer)
- Signals ill health (or good health)
- Other?
- Fun to develop theory here, but it hasn't been (not yet)







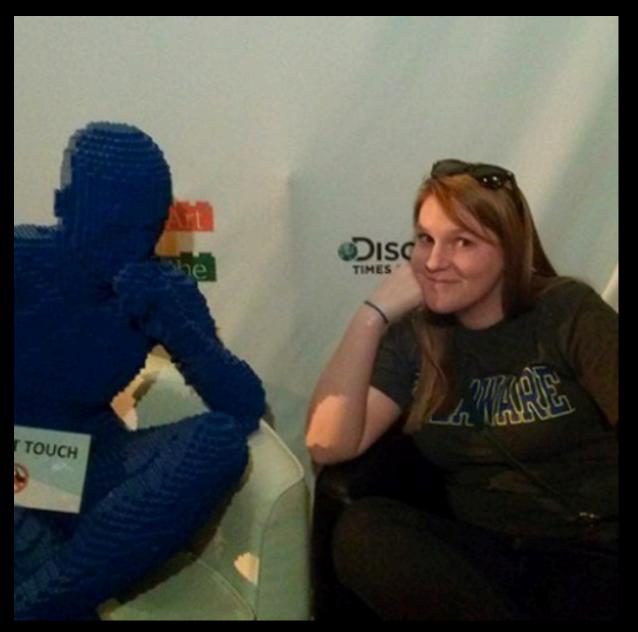
Variation among humans



Antiperspirant use

Deodorant use

No Product use



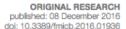
Kate Coyle

Importance

- People with different skin microbiomes are differently susceptible to particular pathogens
- Skin microbiome composition influences attractiveness to mosquitoes (Staph = more attractive)
- Whatever the ancestral function of skin microbiomes, we have radically altered them

4. VAGINAL COMMUNITIES









Lactobacilli Dominance and Vaginal pH: Why Is the Human Vaginal Microbiome Unique?

Elizabeth A. Miller1*, DeAnna E. Beasley2, Robert R. Dunn3.4 and Elizabeth A. Archie1.5

Environmental Science, University of Tennessee at Chattanooga, Chattanooga, TN, North Carolina State University, Raleigh, NC, USA, 4 Center for Macroecology, Evolu Museum of Denmark, University of Copenhagen, Copenhagen, Denmark, 5 Institute of Kenya, Nairobi, Kenya

The human vaginal microbiome is dominated by bacteria f which create an acidic environment thought to protect transmitted pathogens and opportunistic infections. Strik appears to be unique to humans; while the relative abundant vagina is typically >70%, in other mammals lactobacilli rare vaginal microbiota. Several hypotheses have been propose vaginal microbiota, including humans' distinct reproductive and high risk of microbial complications linked to pregnar these hypotheses using comparative data on vaginal pH a lactobacilli in 26 mammalian species and 50 studies (N = mammals for lactobacilli relative abundance). We found that humans, exhibit the lowest vaginal pH during the period of the vaginal pH of non-human mammals is never as low as i

vaginal pH in humans = 4.5; range of pH across all 21 non-human mammals = 5.4-7.8). Contrary to disease and obstetric risk hypotheses, we found no significant relationship between vaginal pH or lactobacilli relative abundance and multiple metrics of STD or birth injury risk (P-values ranged from 0.13 to 0.99). Given the lack of evidence for these hypotheses, we discuss two alternative explanations; the common function hypothesis

Dr. Elizabeth Miller, Now at U. of Minnesota

OPEN ACCESS

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Reviewed by:

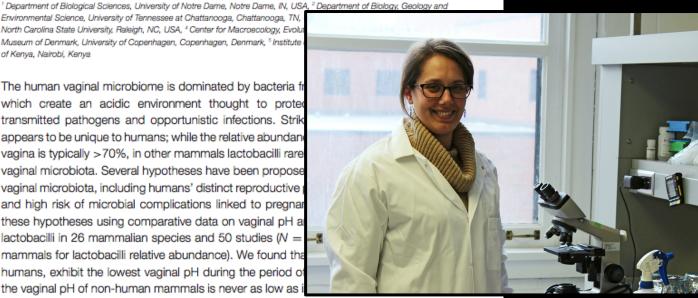
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*Correspondence:

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Specialty section:

This article was submitted to Microbial Symbioses.



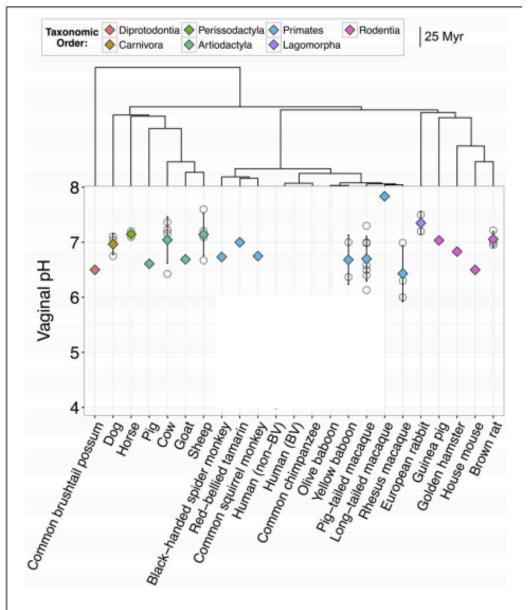


FIGURE 1 | Vaginal pH across 22 species of mammals including humans. Open circles represent mean pH from individual studies and diamonds represent the overall mean for that species. Diamonds are color-coded based on taxonomic order. Error bars represent the standard

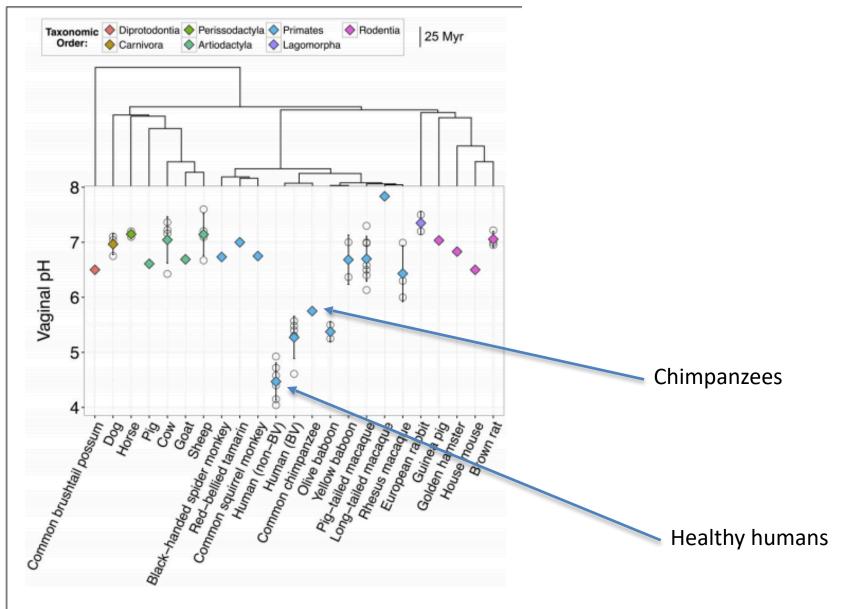


FIGURE 1 | Vaginal pH across 22 species of mammals including humans. Open circles represent mean pH from individual studies and diamonds represent the overall mean for that species. Diamonds are color-coded based on taxonomic order. Error bars represent the standard

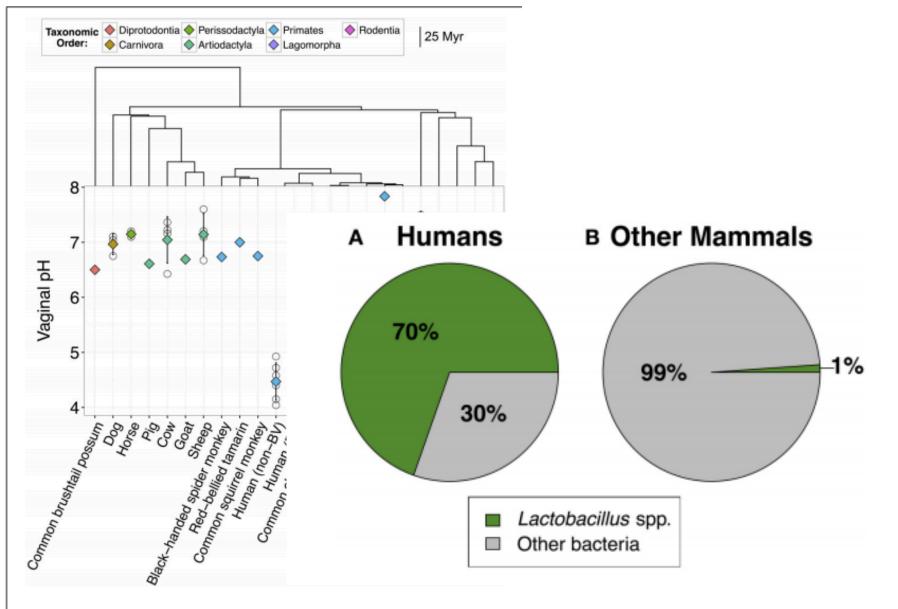
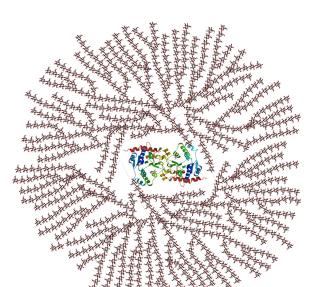


FIGURE 1 | Vaginal pH across 22 species of mammals including humans. Open circles represent mean pH from individual studies and diamonds represent the overall mean for that species. Diamonds are color-coded based on taxonomic order. Error bars represent the standard

TABLE 3 | Concentration of glycogen in the vaginal tract across mammalian species.

Order	Species	Common name	Vaginal glycogen content		References
			Tissue (µg/100 mg of wet tissue)	Genital fluid (Glycogen:Protein [μg/μg])	
RODENTI	A				
	Mesocricetus auratus	Golden Hamster	182.78	-	Gregoire and Guinness, 1968
	Mus musculus	House Mouse	68.98	-	Balmain et al., 1956
	Oryctolagus cuniculus	European Rabbit	44.00	-	Gregoire and Hafs, 1971
	Rattus norvegicus	Brown Rat	35.56	-	Shukla et al., 1989
PRIMATES					
	Homo sapiens	Human (non-BV)	1395.75	-	Gregoire et al., 1971
			-	0.2	Mirmonsef et al., 2012
		Human (BV)	-	0.04	Mirmonsef et al., 2012
	Macaca mulatta	Rhesus Macaque	603.67	-	Gregoire and Parakkal, 1972
			-	0.004	Mirmonsef et al., 2012
	Macaca nemestrina	Pig-Tailed Macaque	-	<0.001	Mirmonsef et al., 2012



5A. THE EXTENDED HOLOGENOME

Toward a Global Ecology of Fermented Foods

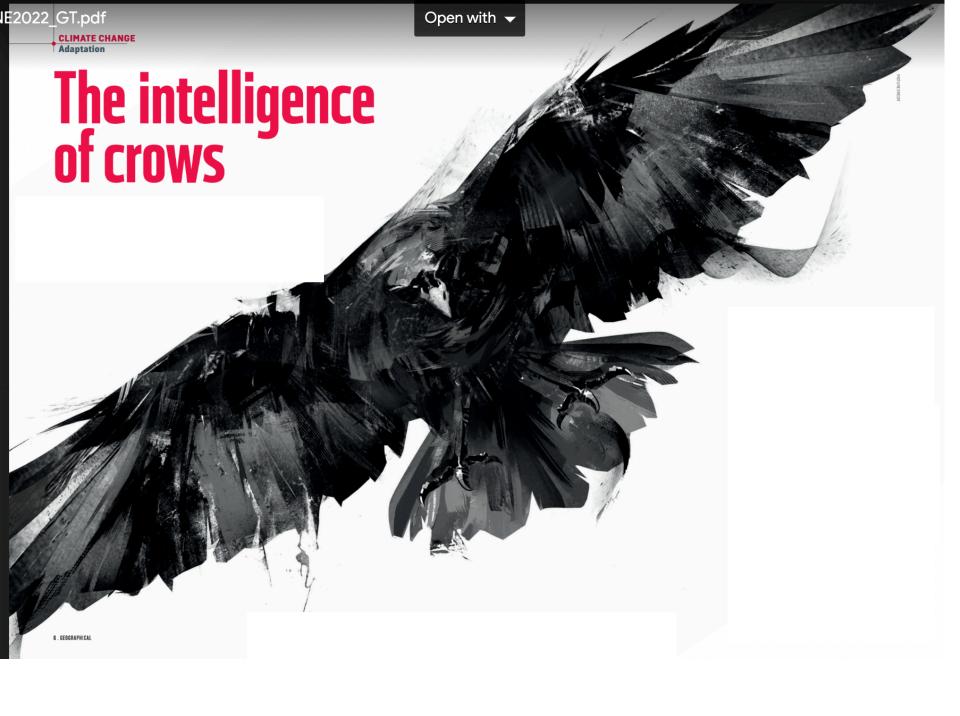
Robert R. Dunn, John Wilson, Lauren M. Nichols, and Michael C. Gavin

The control of microbes in food has been as important to human societies as the domestication of plants and animals. The direct or indirect management of microbes has been critical to food safety, ensuring nutrient availability, and developing desired sensory characteristics in food. Fermentation is more universal than is agriculture inasmuch as it is practiced by agricultural societies, pastoralists, and hunter-gatherers. In addition, fermentation likely predates agriculture, potentially by hundreds of thousands of years. However, we lack a general approach to understanding of (a) when and why technologies associated with fermentation emerged and (b) how those technologies and the microbes associated with them diverged once they emerged. Here we offer a framework for the study of the diversification of fermented foods in and among human societies. In developing this framework, we draw heavily from research on language and more generally cultural diversification.

Fermented foods and beverages have played a critical role in human history and prehistory and continue to be highly valued by human societies. Annual sales of fermented beverages alone exceed \$2 trillion (Allied Market Research 2018; Zion Market Research 2018a, 2018b). In addition, the human control of fermentation in order to produce and use what are, in essence, microbial farms, likely predates agriculture (Amato et al. 2021; Boethius 2016; Braidwood et al. 1953; Liu et al. 2018), potentially by hundreds of thousands of years (Speth 2017). Over the course of human history fermentation has helped ensure the safety of foods and beverages and has also shaped the sensory

producing bacteria and yield products that are both alcoholic and acidic. Alkaline ferments, on the other hand, include tempeh, a subset of mold-ripened cheeses, and lutefisk (a traditional Nordic dish of fish fermented in lye). Fermented foods and drinks can also be divided as a function of the substrate being fermented. Many fermentations rely on protein. Protein ferments include fermented meats, fish, legumes, and nuts. Other fermentations begin with carbohydrates. Carbohydrate ferments are represented by fermented cereals, tubers, vegetables, fruits, and dairy products. A third group of fermentations is based on animal fats; such fermentations are often used to add desired flavors to butter or

THE COGNITIVE BUFFERING HYPOTHESIS

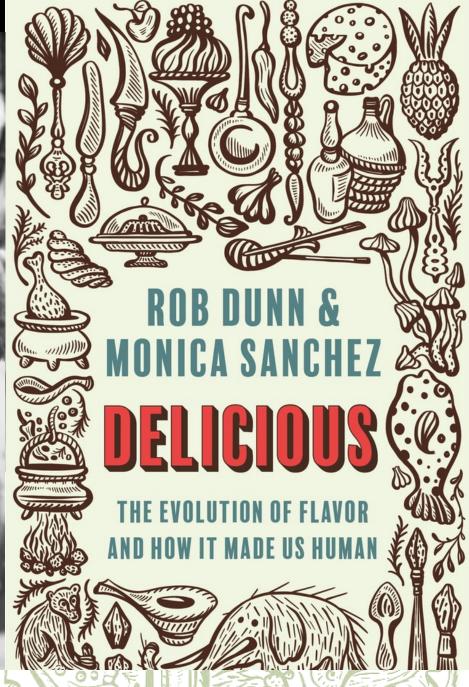




EXTENDING THE HOLOGENOME...

- Makes inedible food edible (some roots/ tubers)
- Allows foods to be stored
- Helps to transform what is edible in a landscape (transforms the edible landscape)
- May help kill foodborne pathogens
- BUFFERS HARD TIMES





FERMENTATION APPEARS ANCIENT



Two Kinds of Rot

Rot by yeasts and lactic acid bacteria (safe because of acids and alcohols)

Rot by molds (= typically not safe)





Hominids adapted to metabolize ethanol long before human-directed fermentation

Matthew A. Carrigan^{a,b,1}, Oleg Uryasev^b, Carole B. Frye^b, Blair L. Eckman^b, Candace R. Myers^c, Thomas D. Hurley^c, and Steven A. Benner^b

^aDepartment of Natural Sciences, Santa Fe College, Gainesville, FL 32606; ^bFoundation for Applied Molecular Evolution, Gainesville, FL 32604; and ^cDepartment of Biochemistry and Molecular Biology, Indiana University School of Medicine, Indianapolis, IN 46202

Edited by Robert Dudley, University of California, Berkeley, CA, and accepted by the Editorial Board October 28, 2014 (received for review March 4, 2014)

Paleogenetics is an emerging field that resurrects ancestral proteins from now-extinct organisms to test, in the laboratory, models of protein function based on natural history and Darwinian evolution. Here, we resurrect digestive alcohol dehydrogenases (ADH4) from our primate ancestors to explore the history of primate-ethanol interactions. The evolving catalytic properties of these resurrected enzymes show that our ape ancestors gained a digestive dehydrogenase enzyme capable of metabolizing ethanol near the time that they began using the forest floor, about 10 million v ago. The ADH4 enzyme in our more ancient and arboreal ancestors did not efficiently oxidize ethanol. This change suggests that exposure to dietary sources of ethanol increased in hominids during the early stages of our adaptation to a terrestrial lifestyle. Because fruit collected from the forest floor is expected to contain higher concentrations of fermenting yeast and ethanol than similar fruits hanging on trees, this transition may also be the first time our ancestors were exposed to (and adapted to) substantial amounts of dietary ethanol.

experimental paleogenetics | alcohol dehydrogenase | ethanol | primates | evolution

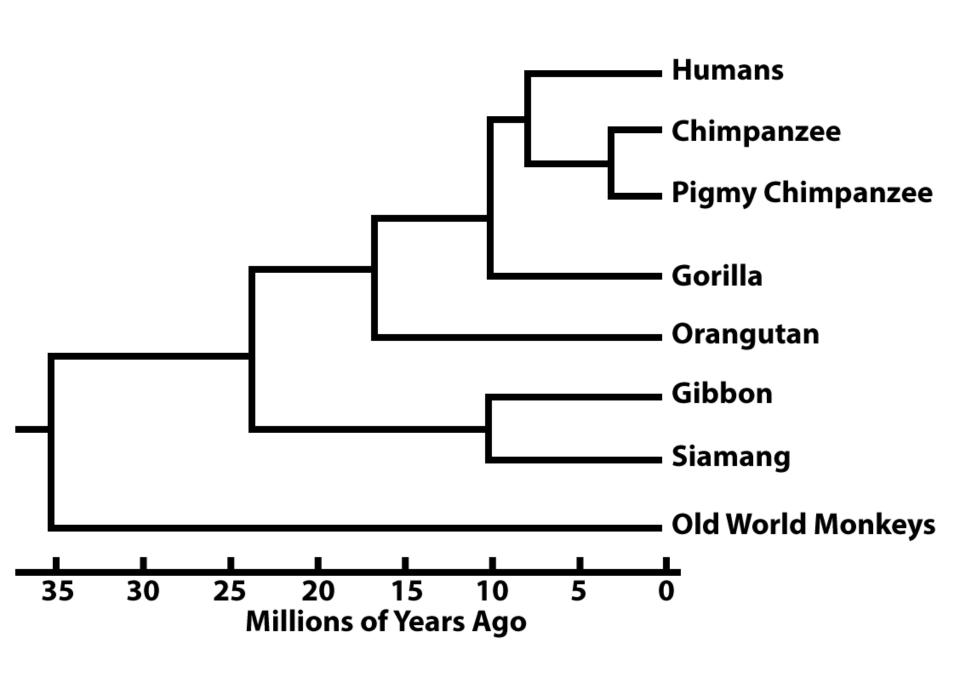
One trend in modern medicine attributes diseases in humans to an incomplete adaptation of the human genome to new challenges presented by our changing cultural and demographic environment (1). This attribution is especially convincing for some "lifestyle" diseases. For example, the recent increase in sugar consumption (including sucrose and fructose) is associated with the emergence of obesity, diabetes, and hypertension (2). Under an evolutionary paradigm, an organism fully adapted to a sugar-rich diet would not be expected to become diseased by

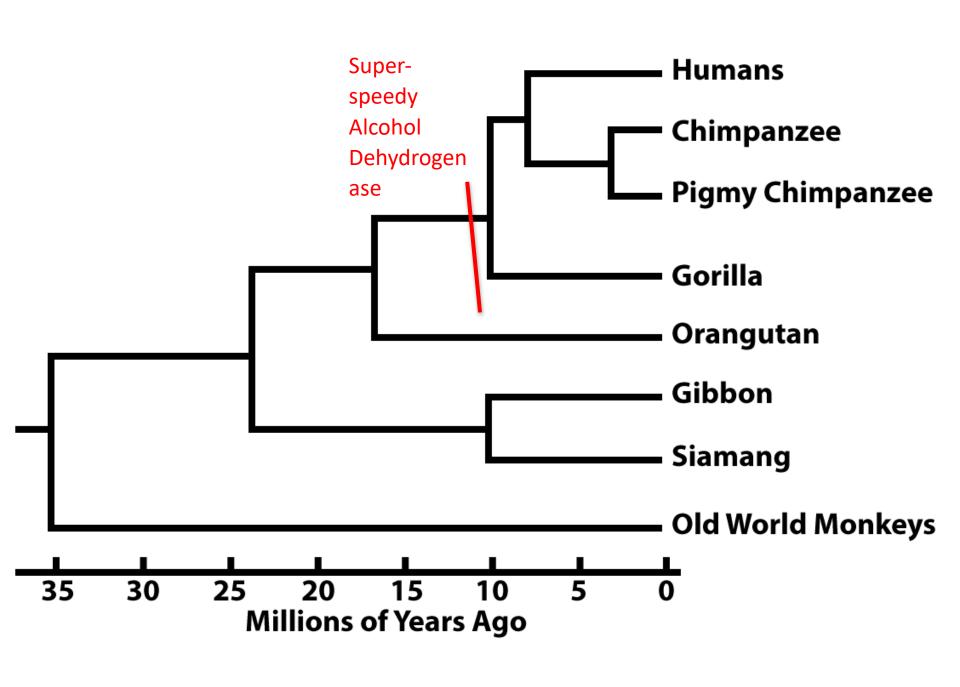
when angiosperm plants first produced fleshy fruits that can become infected by yeast capable of the accumulating ethanol via fermentation (12). In one version of this model, small amounts of ethanol present in slightly fermenting fruit attached to trees attracted arboreal primates foraging in the trees. In this version, our contemporary attraction to ethanol is an "evolutionary hangover" that ceased to be beneficial once that attraction became redirected to beverages with high concentrations of ethanol (13), made possible only after humans developed the tools allowing them to intentionally direct fermentation (and enhanced with the advent of technology to distill ethanol to higher concentrations). Another version of the "ethanol early" model for ethanol exposure recognizes that ethanol itself, as well as the food naturally containing it, can be a significant source of nutrition. This model posits that any organism with metabolic adaptations that permit the exploitation of ethanolic food would have access to a specialized niche or important fallback foods unavailable to organisms without this metabolic capacity.

Paleogenetics is an emerging field designed to address such natural historical hypotheses and, in particular, to distinguish between competing historical models (14). Here, to gain a genetic perspective on the natural history of the interaction between our human ancestors and ethanol, we examined the evolution of Class IV alcohol dehydrogenases (ADH4) (see SI Text for a discussion of the various synonyms used within the ADH family). These digestive enzymes are abundant in the stomach, esophagus, and tongue of primates and are active against a wide range of alcohols. Thus, ADH4 is the first alcohol-metabolizing enzyme to

Significance

Many modern human diseases are attributed to incompatibility







RESEARCH ARTICLE

Metabolites of lactic acid bacteria present in fermented foods are highly potent agonists of human hydroxycarboxylic acid receptor 3

Anna Peters 1, Petra Krumbholz 1, Elisabeth Jäger 2, Anna Heintz-Buschart 3,4, Mehmet Volkan Çakir 1, Sven Rothemund 5, Alexander Gaudl 6, Uta Ceglarek 6, Torsten Schöneberg 1, Claudia Stäubert 1,8

- 1 Rudolf Schönheimer Institute of Biochemistry, Faculty of Medicine, Leipzig University, Leipzig, Germany,
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- 3 German Centre for Integrative Biodiversity Research (iDiv) Halle-Jena-Leipzig, Leipzig, Germany,
- 4 Helmholtz-Centre for Environmental Research GmbH UFZ, Department of Soil Ecology, Halle (Saale), Germany, 5 Core Unit Peptide-Technologies, Leipzig University, Leipzig, Germany, 6 Institute for Laboratory Medicine, Clinical Chemistry and Molecular Diagnostics, University Hospital Leipzig, Leipzig, Germany
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Citation: Peters A, Krumbholz P, Jäger E, Heintz-Buschart A, Çakir MV, Rothemund S, et al. (2019) Metabolites of lactic acid bacteria present in fermented foods are highly potent agonists of

Abstract

The interplay of microbiota and the human host is physiologically crucial in health and diseases. The beneficial effects of lactic acid bacteria (LAB), permanently colonizing the human intestine or transiently obtained from food, have been extensively reported. However, the male culture and extending of heavy LAB modulate human physiology is still limited.



Suppresses immune response and slows metabolism of fat. **Humans Novel Lactic** Chimpanzee Acid Receptor **Pigmy Chimpanzee** Gorilla Orangutan Gibbon Siamang **Old World Monkeys** 35 **30** 25 20 15 **Millions of Years Ago**

PROCEEDINGS B

royalsocietypublishing.org/journal/rspb

Review





Cite this article: Frank HER, Amato K, Trautwein M, Maia P, Liman ER, Nichols LM, Schwenk K, Breslin PAS, Dunn RR. 2022 The evolution of sour taste. *Proc. R. Soc. B* 289: 20211918.

https://doi.org/10.1098/rspb.2021.1918

Received: 3 September 2021 Accepted: 5 January 2022

Subject Category:

Ecology

Subject Areas:

behaviour, ecology, evolution

The evolution of sour taste

Hannah E. R. Frank¹, Katie Amato³, Michelle Trautwein⁴, Paula Maia³, Emily R. Liman⁵, Lauren M. Nichols², Kurt Schwenk⁶, Paul A. S. Breslin^{7,8} and Robert R. Dunn^{2,9}

(D) KS, 0000-0002-0767-3940; RRD, 0000-0002-6030-4837

The evolutionary history of sour taste has been little studied. Through a combination of literature review and trait mapping on the vertebrate phylogenetic tree, we consider the origin of sour taste, potential cases of the loss of sour taste, and those factors that might have favoured changes in the valence of sour taste—from aversive to appealing. We reconstruct sour taste as having evolved in ancient fish. By contrast to other tastes, sour taste does not appear to have been lost in any major vertebrate taxa. For most species, sour taste is aversive. Animals, including humans, that enjoy the sour taste triggered by acidic foods are exceptional. We conclude by considering why sour taste evolved, why it might have persisted as vertebrates made the transition to land and what factors might have favoured the preference for sour-tasting, acidic foods, particularly in hominins, such as humans.

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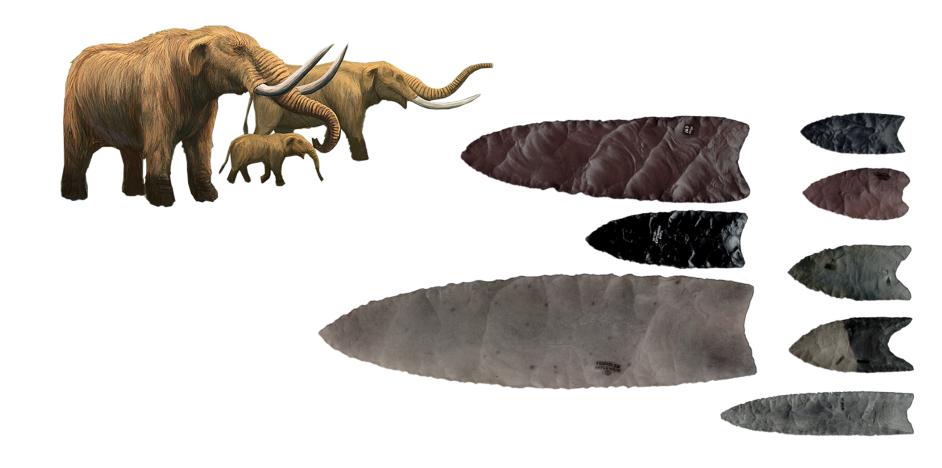
 $^{^{7}}$ Department of Nutritional Sciences, Rutgers The State University of New Jersey, New Brunswick, NJ, USA 8 Monell Chemical Senses Center, Philadelphia, PA, USA

⁹Center for Evolutionary Hologenomics, University of Copenhagen, Copenhagen, Denmark

A brief history of fermentation (beer, fruit, grain, honey)



A brief history of fermentation (meat)









A flavor "like Stilton cheese and steak all in one"



5B. THE ROLE OF THE BODY









Soured with GI and sometimes vaginal *Lactobacillus*

SCIENCE

Using vaginal fluids to make yoghurt

Image: Fugt

Not your average science workshop, participants are learning how to transform vaginal cultures into yoghurt - Vaghurt

Lena Rutkowski, additional reporting Mike Young

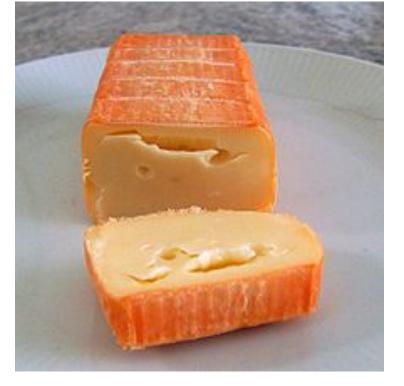




Sour with GI and sometimes vaginal *Lactobacillus*



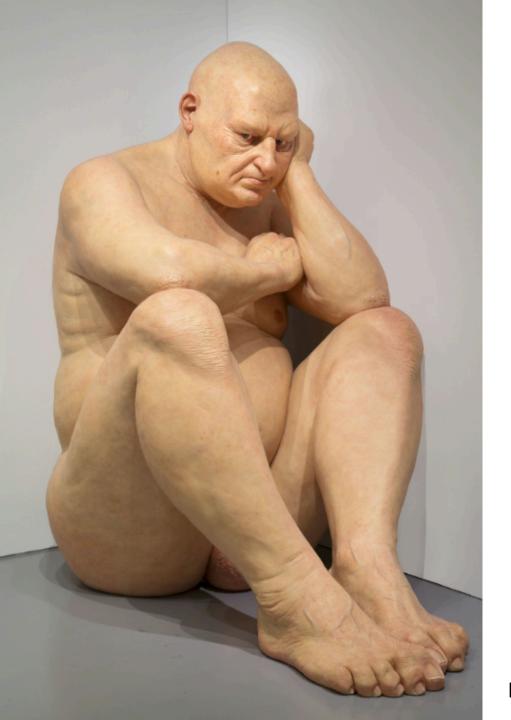
Sticky with foot Bacillus subitilis



Reddened by skin Brevibacterium linens



Sour and punchy with oral Streptococcus

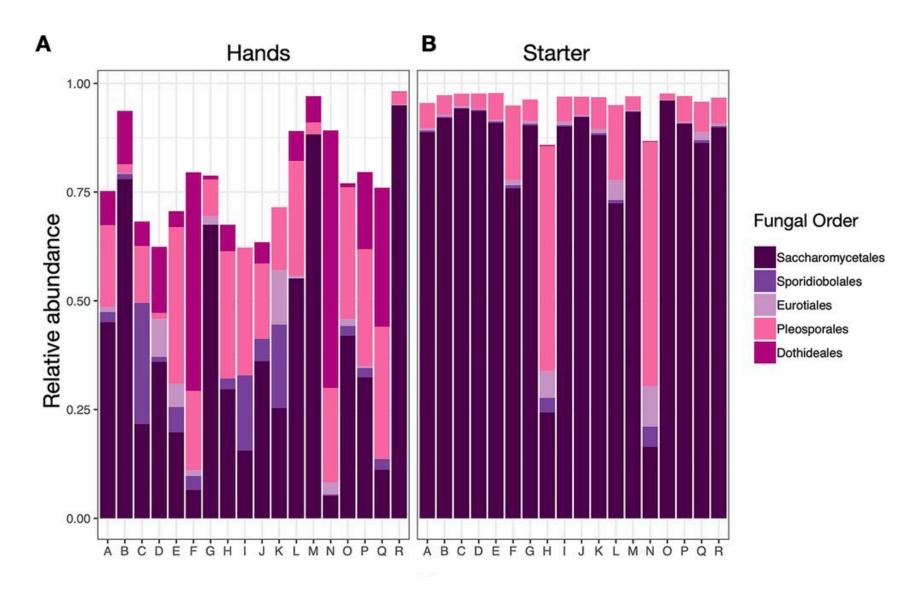


BODY FLAVOR

Big Man, Ron Mueck

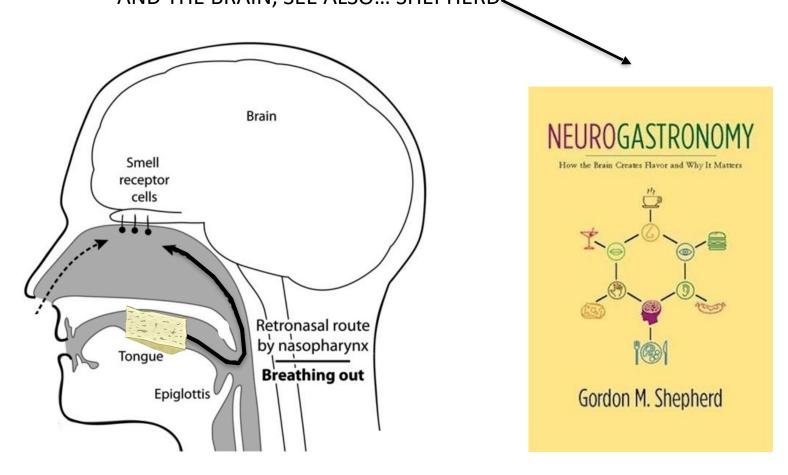






Reese, Aspen T., Anne A. Madden, Marie Joossens, Guylaine Lacaze, and Robert R. Dunn. "Influences of ingredients and bakers on the bacteria and fungi in sourdough starters and bread." *Msphere* 5, no. 1 (2020): e00950-19.

FOR MORE ON THE INTERSECTION OF ORTHONASAL OLFACTION AND THE BRAIN, SEE ALSO... SHEPHERD







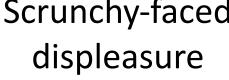
THIS BEGINS EARLY IN LIFE

Sculpture by Ron Mueck





Scrunchy-faced



Lick-lipping pleasure

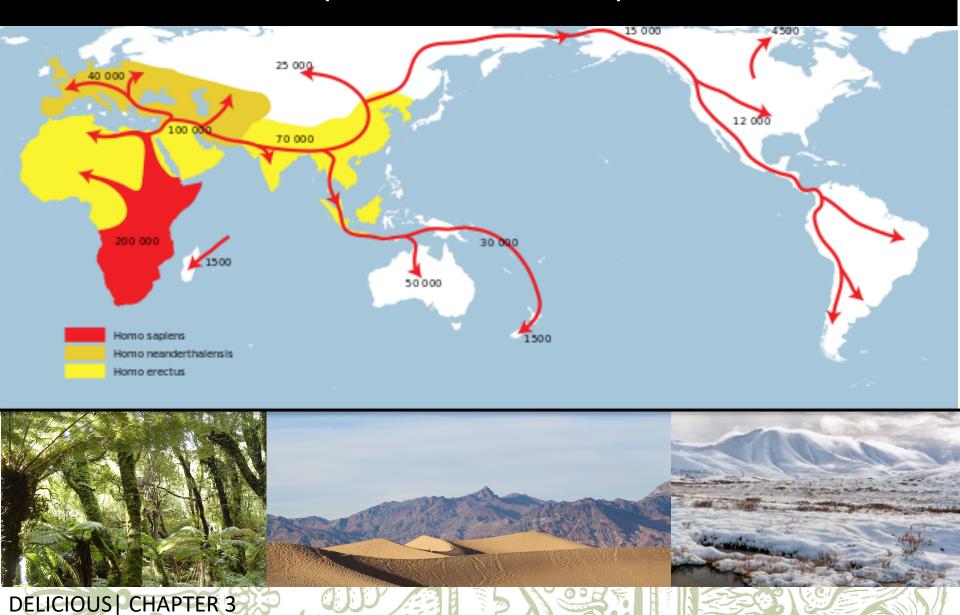






IMAGINE A EXTENDED CULTURAL HOLOGENOME

(IMPRINTED ON THE NOSE)



5C. IT IS NOT JUST HUMANS





ALEXIS ROCKMAN, THE ECOTOURIST



Illustration 14.1 Carl Bloch, In a Roman Osteria (detail), 1866. Photo by Robert Dunn.

Stefanini, Irene, Leonardo
Dapporto, Jean-Luc Legras,
Antonio Calabretta, Monica
Di Paola, Carlotta De
Filippo, Roberto Viola et al.
"Role of social wasps in
Saccharomyces cerevisiae
ecology and
evolution." *Proceedings of*the National Academy of
Sciences 109, no. 33 (2012):
13398-13403.

The ecology of insect—yeast relationships and its relevance to human industry

Anne A. Madden, Mary Jane Epps, Tadashi Fukami, Rebecca E. Irwin, John Sheppard, D. Magdalena Sorger and Robert R. Dunn

Published: 21 March 2018 https://doi.org/10.1098/rspb.2017.2733

Abstract

Many species of yeast are integral to human society. They produce many of our foods, beverages and industrial chemicals, challenge us as pathogens, and provide models for the study of our own biology. However, few species are regularly studied and much of their ecology remains unclear, hindering the development of knowledge that is needed to improve the relationships between humans and yeasts. There is increasing evidence that insects are an essential component of ascomycetous yeast ecology. We propose a 'dispersal—encounter hypothesis' whereby yeasts are dispersed by insects between ephemeral, spatially disparate sugar resources, and insects, in turn, obtain the benefits



INNOVATION: New Beers



The Innovation: Led to a patent and a start up (Lachancea LLC, John Sheppard). Dr. Anne Madden pictured (not here tonight).

DOI: 10.1002/yea.3676

RESEARCH ARTICLE



Sugar-seeking insects as a source of diverse bread-making yeasts with enhanced attributes

Anne A. Madden^{1,2} | Caitlin Lahue^{1,3,4} | Claire L. Gordy³ | Joy L. Little³ | Lauren M. Nichols¹ | Martha D. Calvert^{1,5} | Robert R. Dunn¹ | Caiti Smukowski Heil³

Correspondence

Robert R. Dunn, Department of Applied Ecology. North Carolina State University.

Abstract

Insects represent a particularly interesting habitat in which to search for novel yeasts of value to industry. Insect-associated yeasts have the potential to have traits relevant to modern food and beverage production due to insect-yeast interactions, with such traits including diverse carbohydrate metabolisms, high sugar tolerance, and general stress tolerance. Here, we consider the potential value of insect-associated yeasts in the specific context of baking. We isolated 63 yeast strains from 13 species of hymenoptera from the United States, representing 37 yeast species from 14 genera. Screening for the ability to ferment maltose, a sugar important for bread production, resulted in the identification of 13 strains of *Candida*, *Lachancea*, and *Pichia* species. We assessed their ability to leaven dough. All strains produced baked loaves

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⁵Department of Food Science and Technology, Virginia Tech, Blacksburg, Virginia, USA



ALEXIS ROCKMAN, THE ECOTOURIST





5D. WHY SHOULD ONE CARE?



REVIEW SUMMARY

MICROBIOTA

Vulnerability of the industrialized mi

Justin L. Sonnenburg* and Erica D. Sonnenburg*

BACKGROUND: The collection of trillions of microbes inhabiting the human gut, called the microbiome or microbiota, has captivated the biomedical research community for the past decade. Intimate connections exist between the microbiota and the immune system, central nervous system, and metabolism. The growing realization of the fundamental role that the microbiota plays in human health has been accompanied by the challenge of trying to understand which features define a healthy gut community and how these may differ depending upon context. Such insight will lead to new routes of disease treatment and prevention and may illuminate how lifestyledriven changes to the microbiota can impact health across populations. Individuals living traditional lifestyles around the world share a strikingly similar microbiota composition that is distinct from that found in industrialized populations. Indeed, lineages of gut microbes have cospeciated with humans over

Relative to the "industrial" mic microbial div membership ar grating from n ized settings or states between have microbiot correspond to change. Indust biotics, proces sanitized envir influence micr mission and w plemented in 1 their effects on

ADVANCES: Her harbored by inc ized world is o experienced by

"Variable were agent of health . . . or adhermed by the . . . missisfer from wittens. The Good Gas responers [as] to enthrace this leading of practicate is an actionable, user-friendly war," - DAVED PERLMUTTER, MID. Mi New York Pieter Instelling author of CRAIN BRAIN The GOOD GUT TAKING CONTROL of **建筑技术** YOUR Family Priendly 1-Day Meso WEIGHT. and YOUR LONG-TERM HEALTH Justin Sonnenburg Erica Sonnenburg, PhDs Encounted by Dr. Andrew Well

industrial microbiota has been shaped by re- | microbiota to humans,

Fermented foods restructure gut microbiota and promote immune regulation via microbial metabolites

Authors:

Sean Paul Spencer^{1,2}, Evelyn Giselle Lemus Silva¹, Elisa Benedetti Caffery¹, Matthew Merrill Carter¹, Rebecca Neal Culver³, Min Wang^{4,5}, Rebecca Hope Gellman¹, Hannah Constance Wastyk⁴, Steven Kyle Higginbottom¹, and Justin Laine Sonnenburg^{1,6,7*}

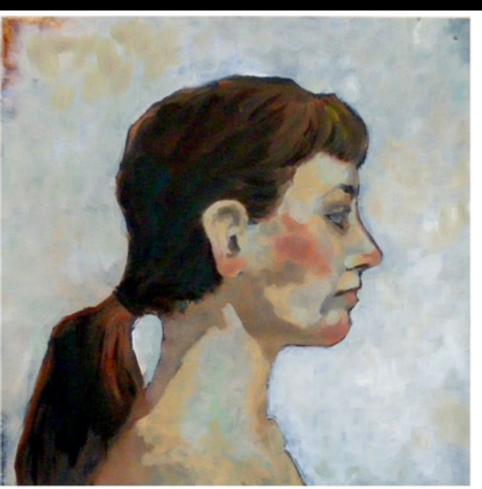
Affiliations:

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- *Corresponding author. Email: jsonnenburg@stanford.edu

Abstract:

Earmented foods are ancient and uniquitous thought to be consumed in nearly export culture expor

THE HOLOGENOME (Zooming back out)





Me and My Other Self, Joana Ricou

A FEW EXAMPLES OF MANY

