



## 5 Takeaways

### **Understanding the Microbiome Series - Human Microbiome Through the Lifespan**

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- 1. Microbiomes are unique to each person, with important similarities within households and geographic regions.**
- 2. Most microbes are not pathogens! There are enormous numbers of undiscovered microbes, especially beyond better studied industrialized humans.**
- 3. Early life gut microbiomes are very influenced by breastfeeding; diversity stabilizes by age 3-5 in humans.**
- 4. Adult microbiomes are stable, diet and lifestyle are important impacts.**
- 5. Later adult microbiome diversity begins to decline, especially without access to whole food diets.**

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