

## **What do we really know about the microbiome and health?**

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There are numerous published studies investigating the composition of the intestinal microbiota, at different lifestages, geographical locations and disease states. However, inter-individual variation paired with the sheer diversity and differing abundance of specific members of the microbiota, means we are still struggling to define a 'healthy' microbiome, and consequently identify causative shifts leading to disease. In this workshop we will discuss: 1) how close we are to defining a 'healthy microbiome' and if this is even possible; 2) opportunities for modulating the microbiome to alleviate disease and restore health; 3) whether it is necessary to establish whether microbial changes are cause or consequence of disease.