



Gut Microbiota Diversity Relates to Lifestyle

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Message from the Guest Editors

Dear Colleagues,

Higher microbiota diversity is associated with a healthier state. Microbial communities with greater diversity are more stable, resistant to pathogenic invasions and shows greater functionality, resulting in host health benefits. Lifestyle significantly determines the gut microbiota community conformation and functionality: nutrition (macronutrient intake, fiber, processed food consumption), physical activity, environment and the use of antibiotics and drugs are some of the factors that determine gut microbiota diversity. For this Special Issue, “Gut Microbiota Diversity Relates to Lifestyle” we invite you to send contributions about factors related to lifestyle that shape microbiota diversity, impact in microbiota functionality and underlying mechanisms that could be involved in its stability.

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Message from the Editor-in-Chief

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