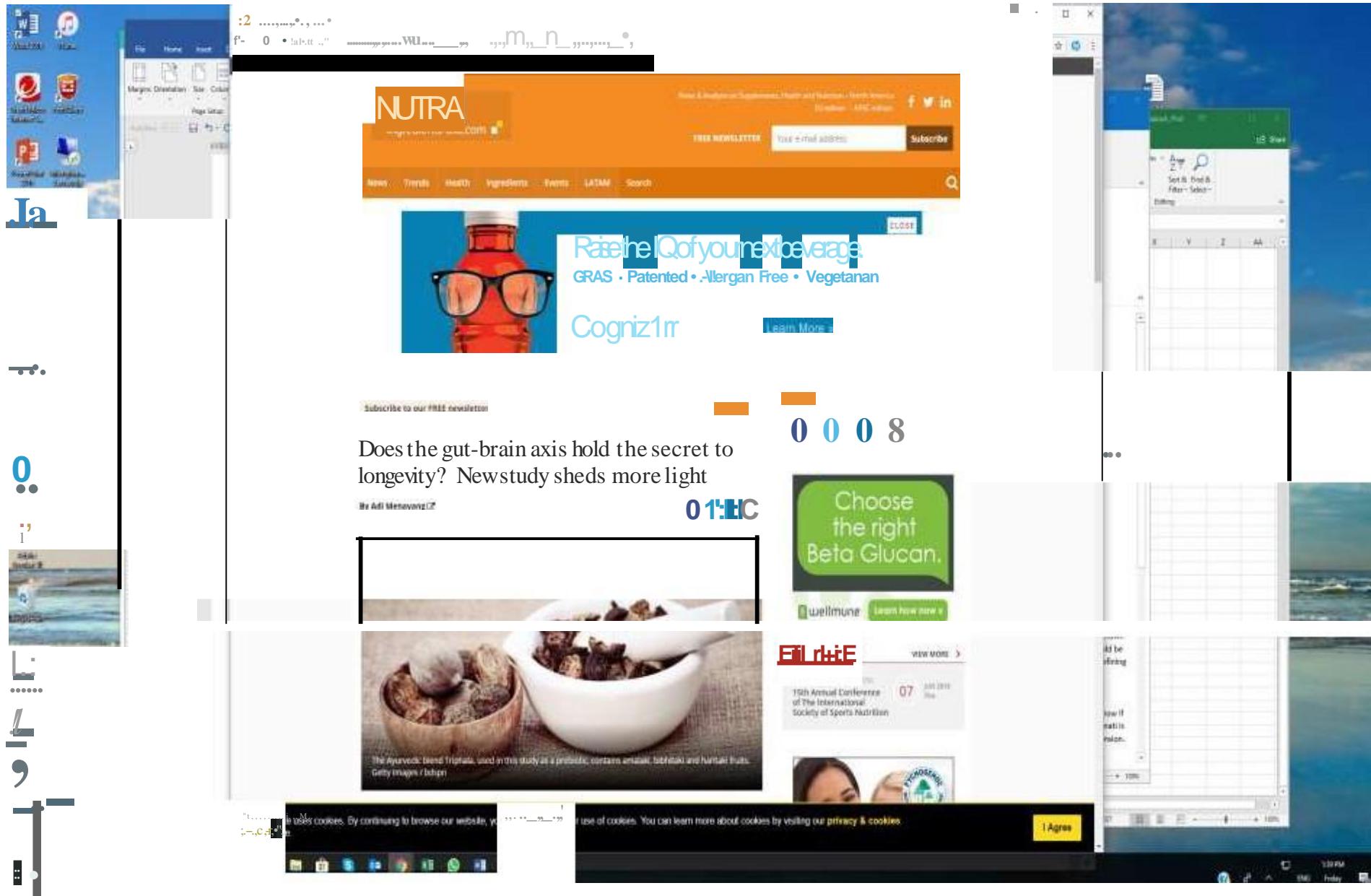
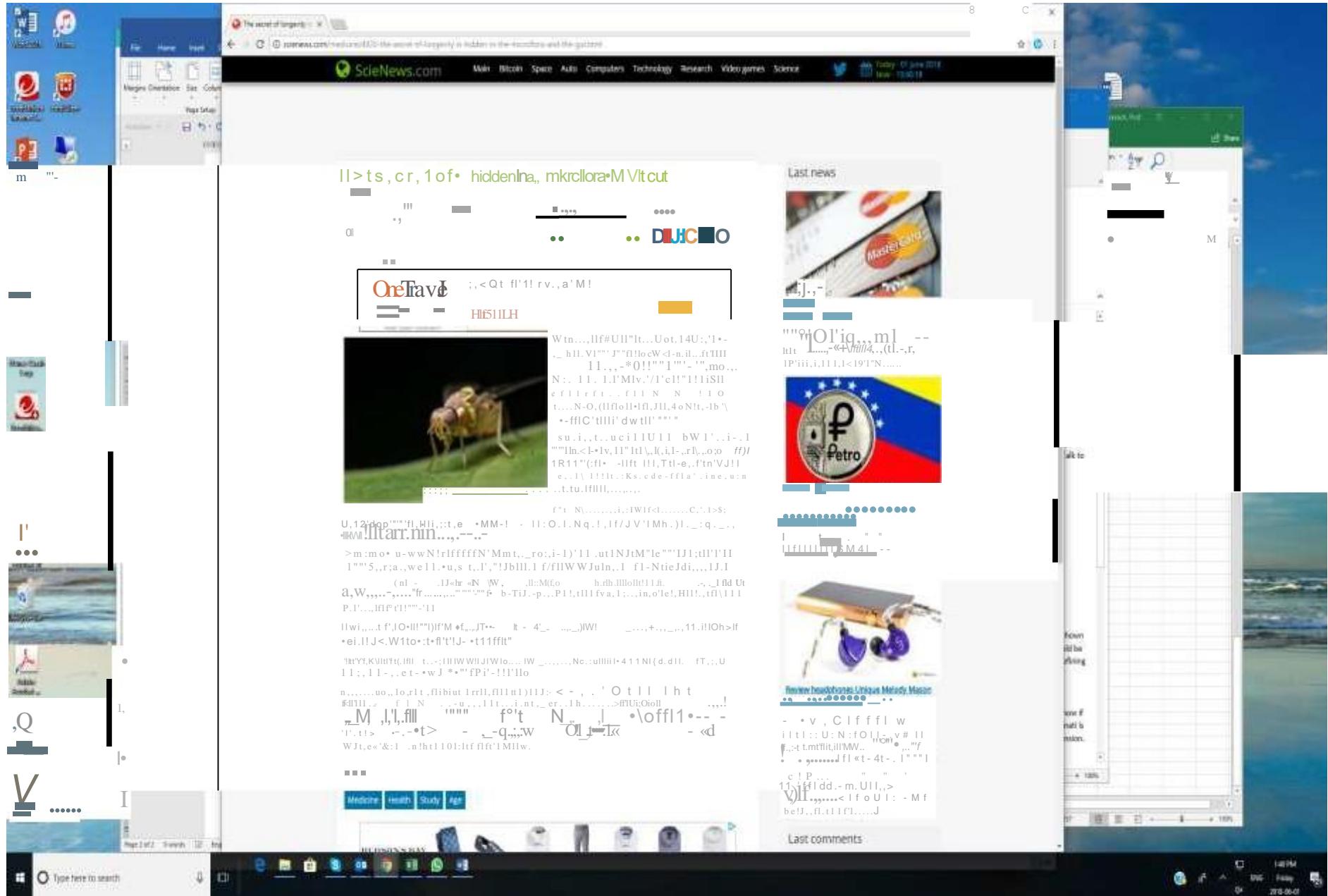


<https://www.thesun.co.uk/fabulous/6547422/supplement-indian-herbal-remedy-live-100-boost-lifespan/>





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NEW ATLAS

BIOLOGY

Gut bacteria-altering herbs and probiotics extend lifespan of fruit flies by 60 percent

A new formula combining probiotics with an ancient Indian herbal supplement has significantly extended the lifespan of fruit flies. Credit: iStock/Alamy Stock Photo

FDA takes pause on one of the first US human clinical trials to use CRISPR

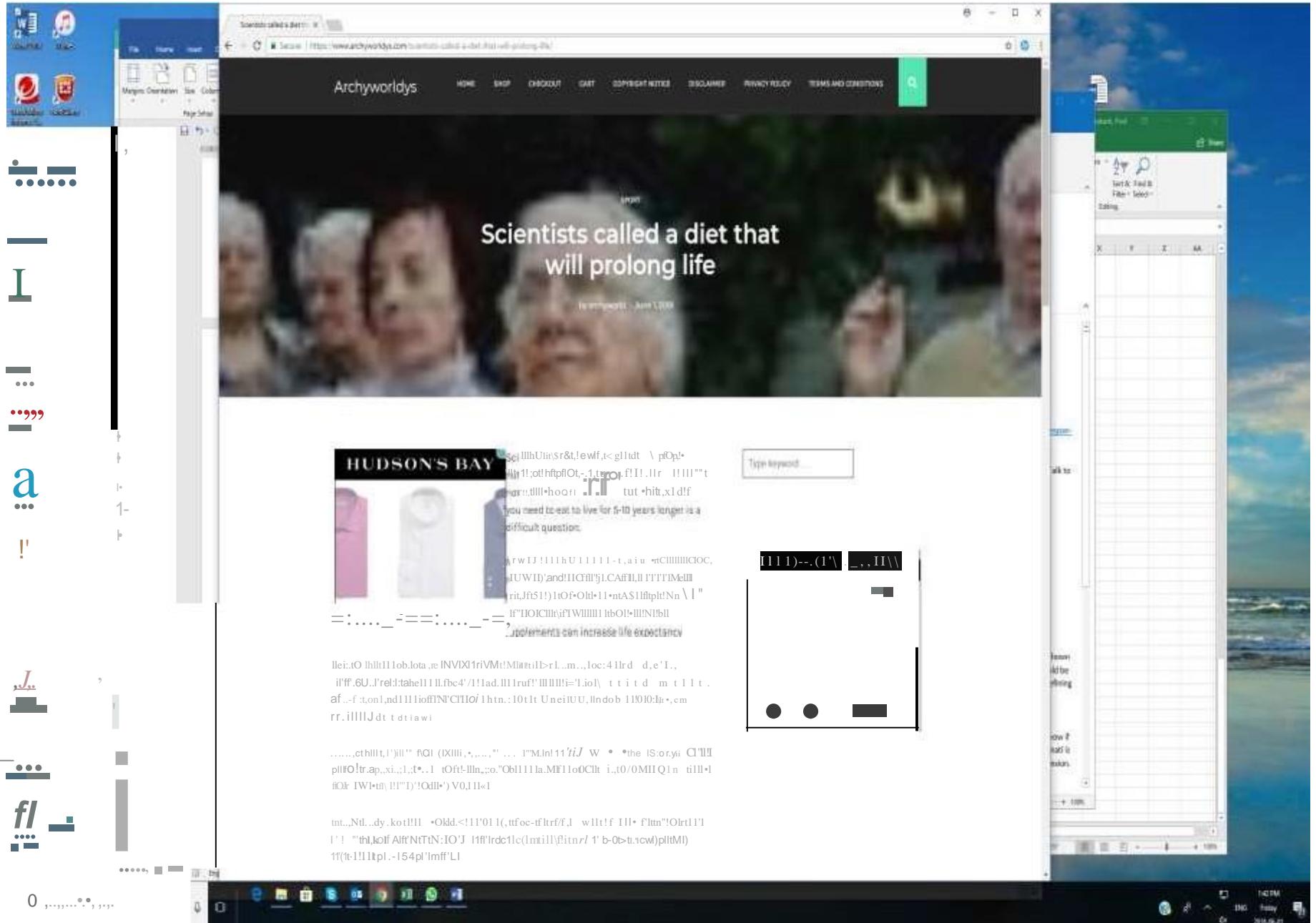
Synthetic molecule super-effective against superbugs

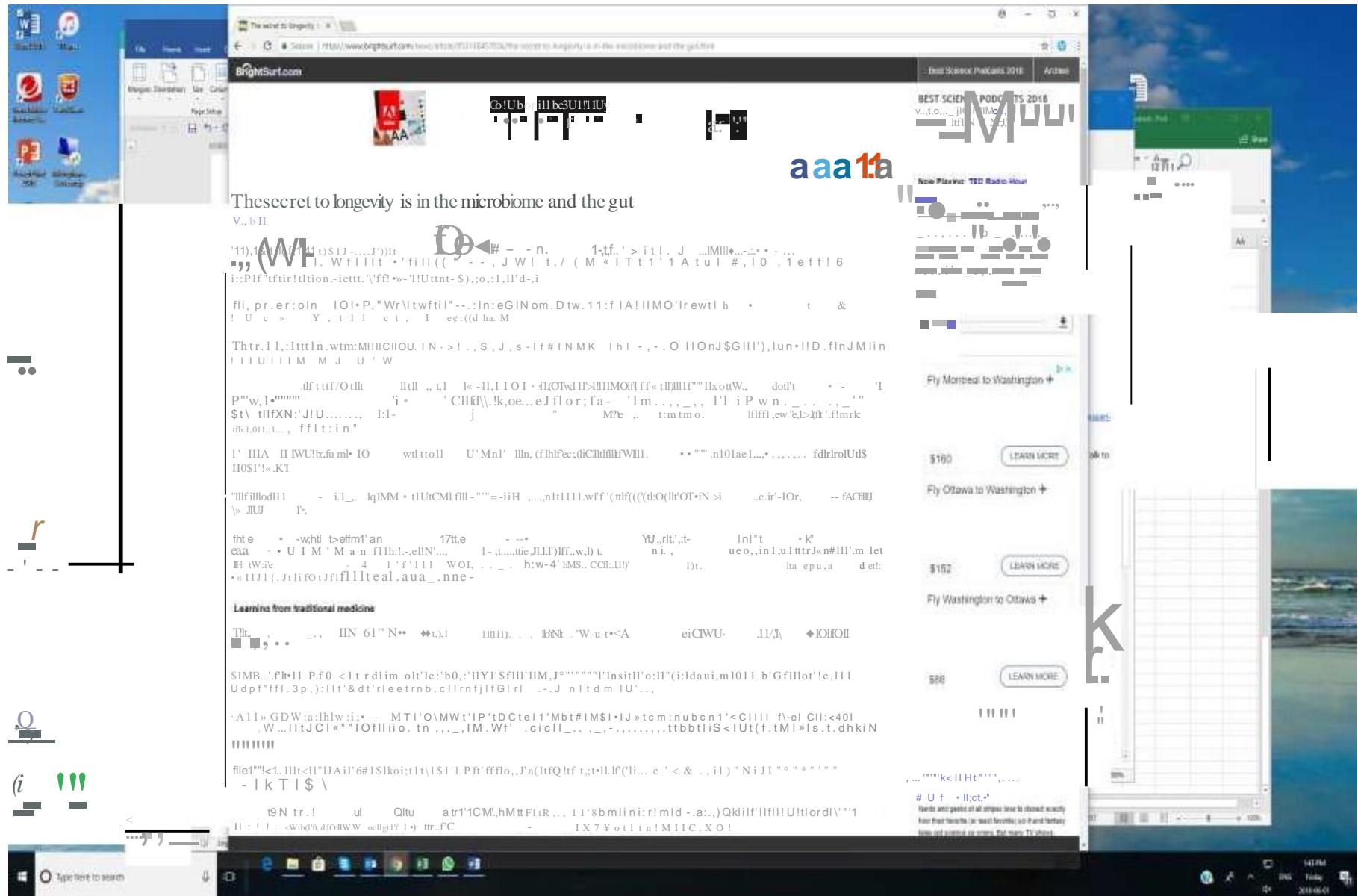
Affichons nos couleurs à Val-David

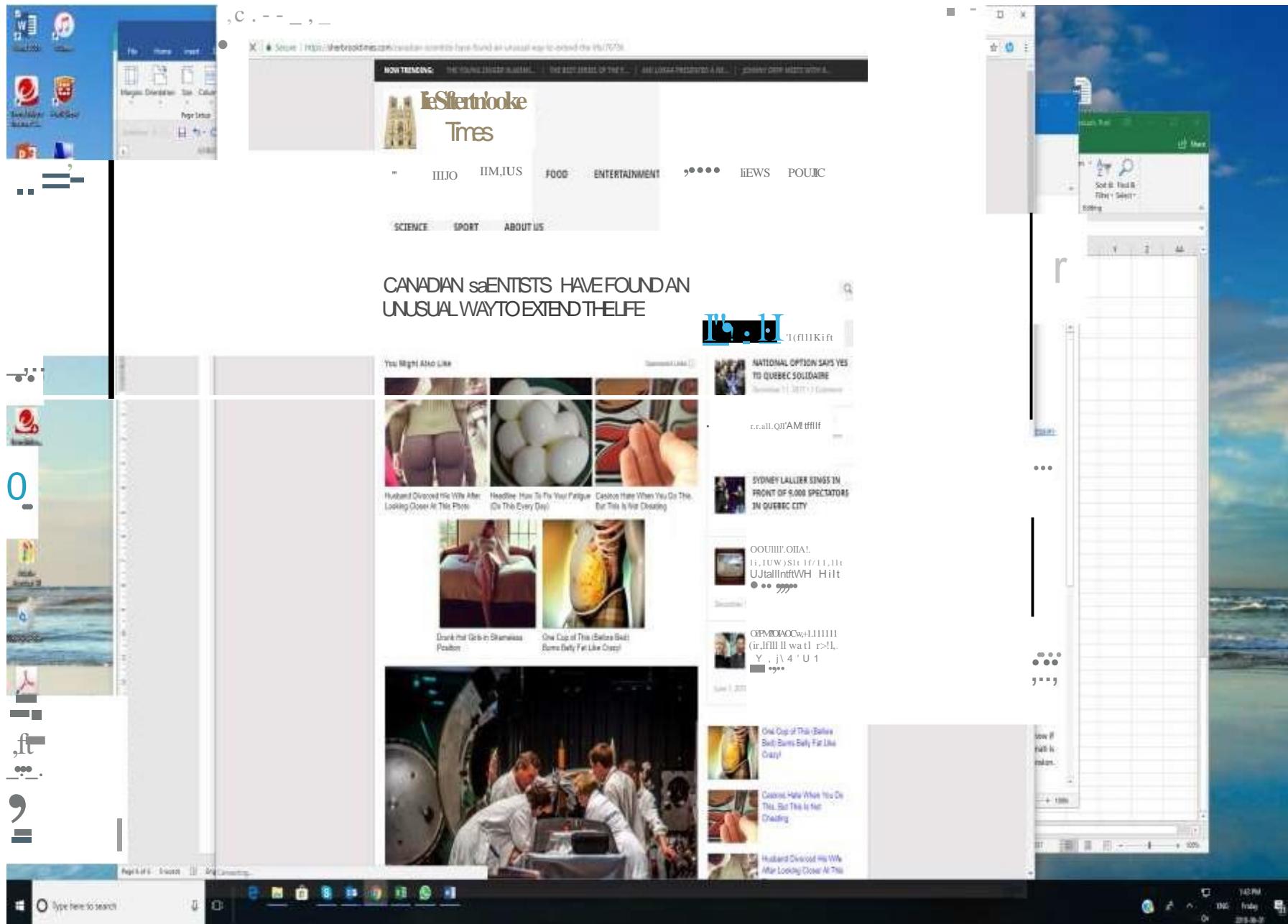
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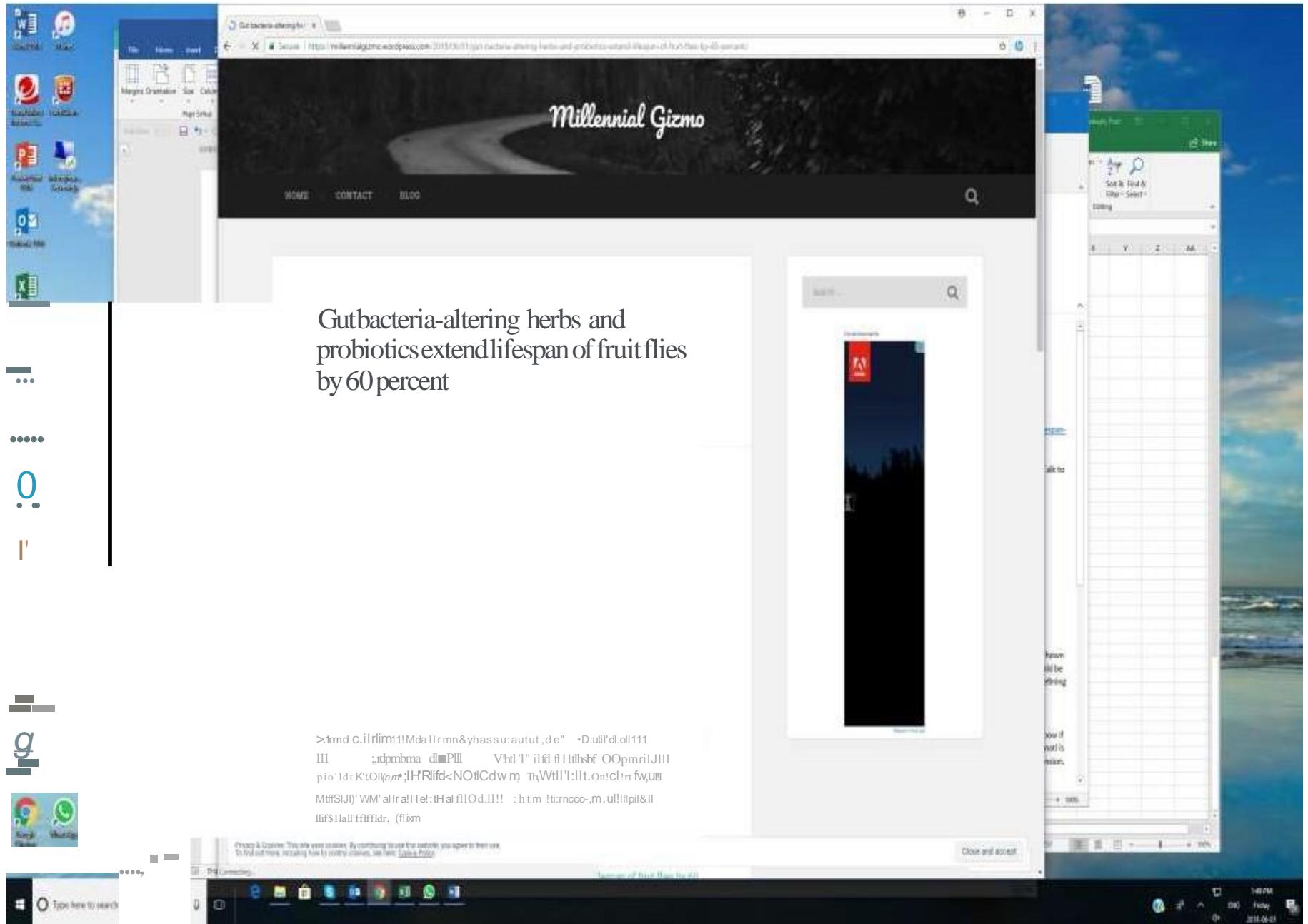
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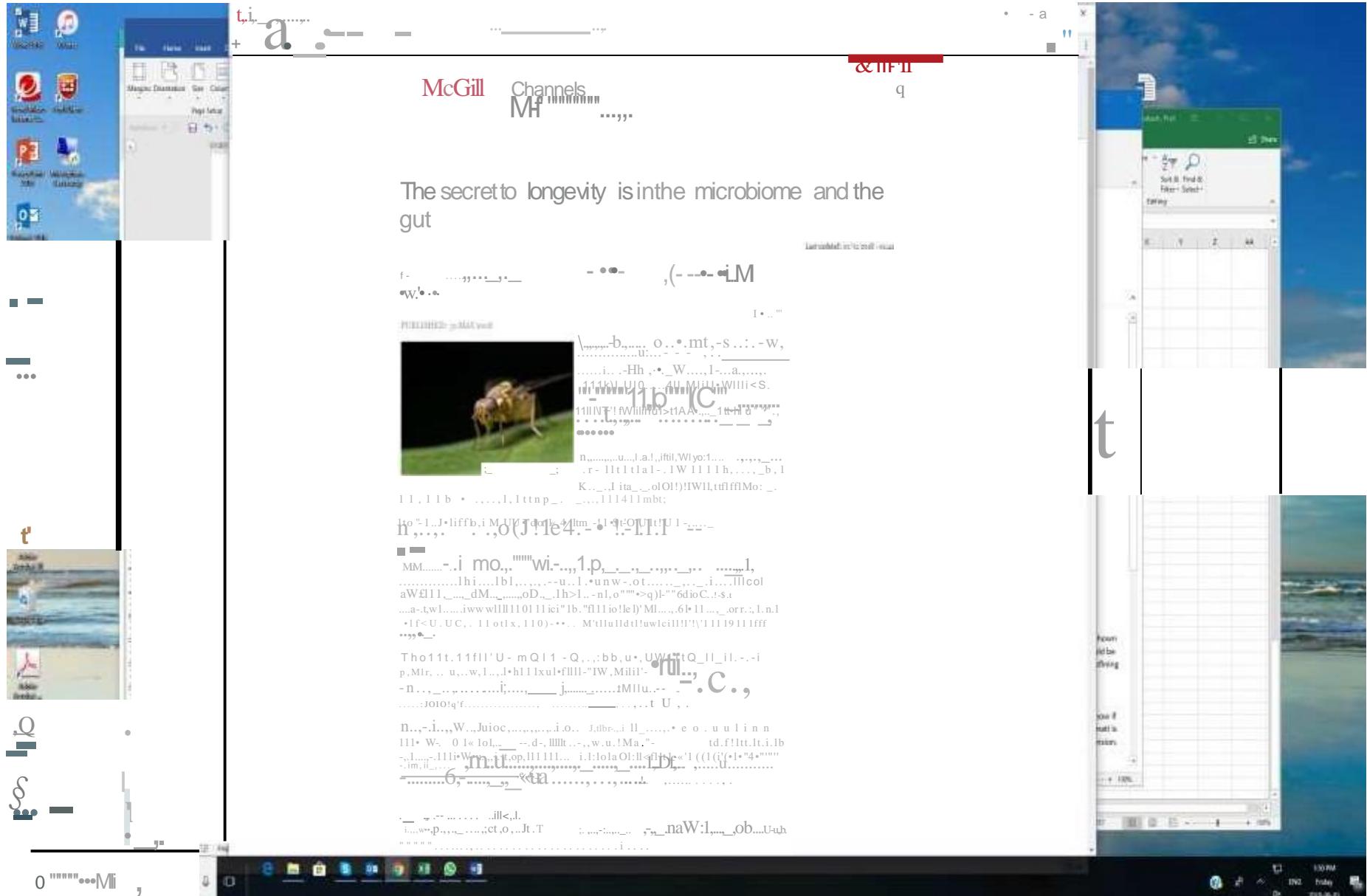
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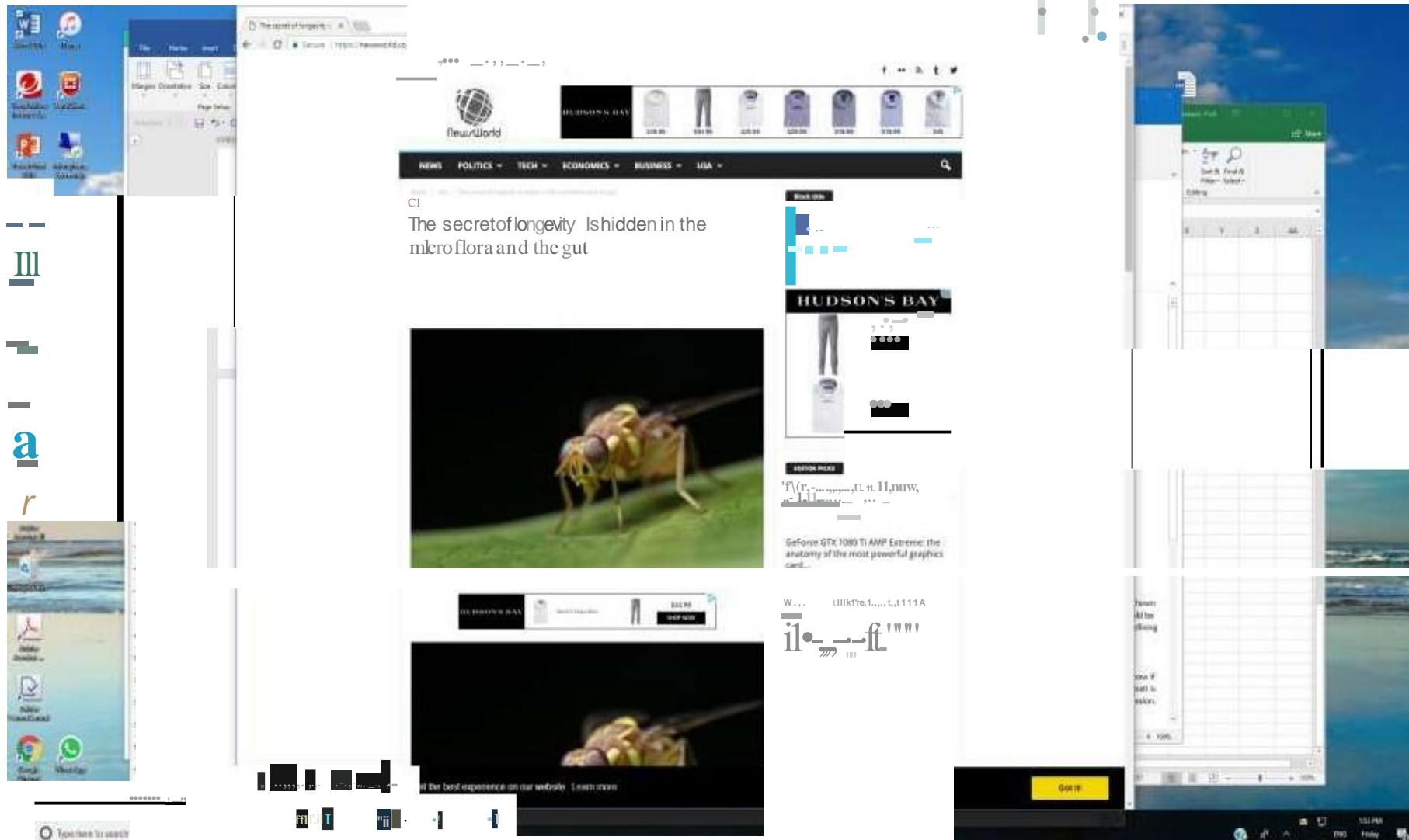


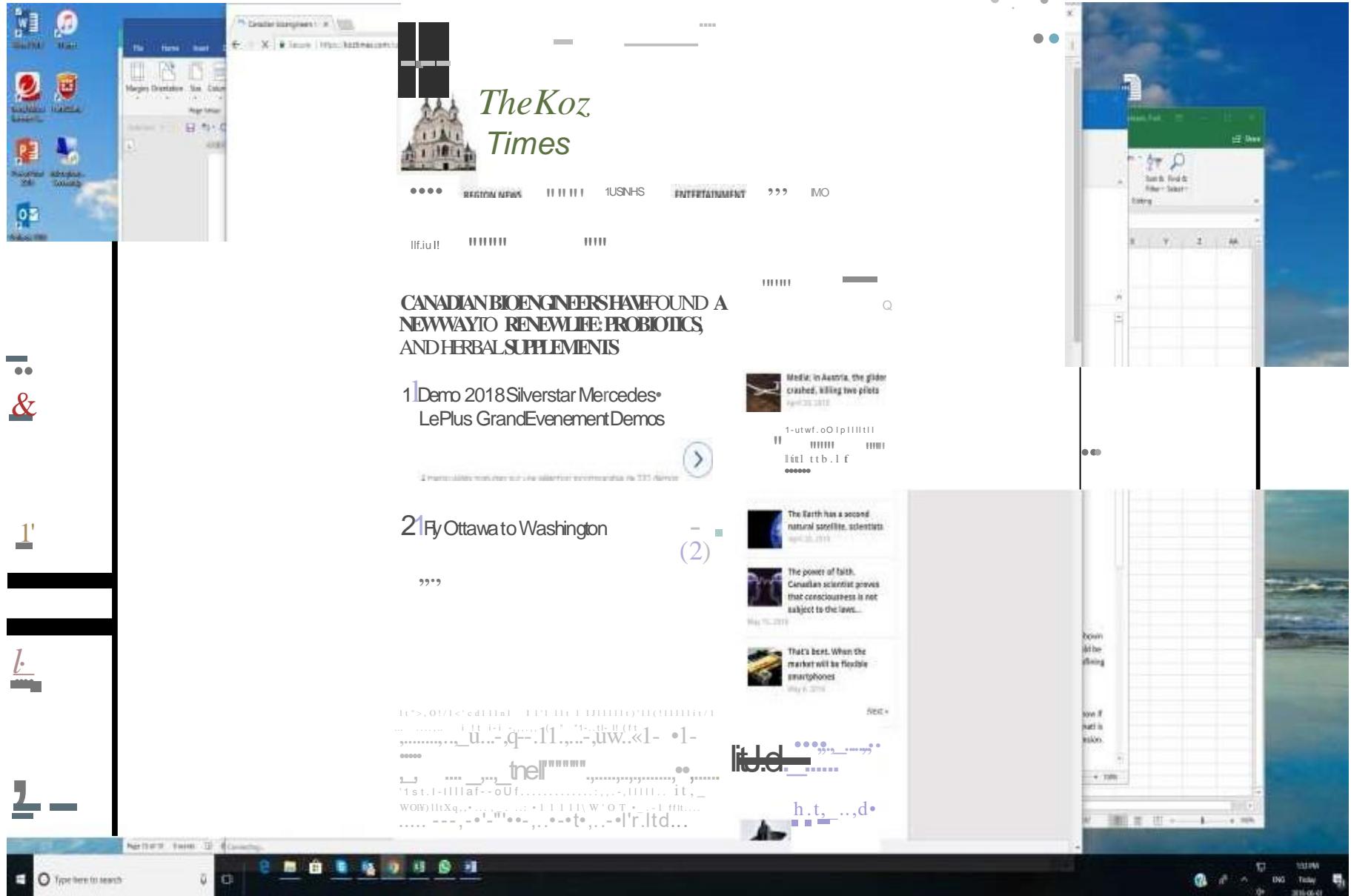


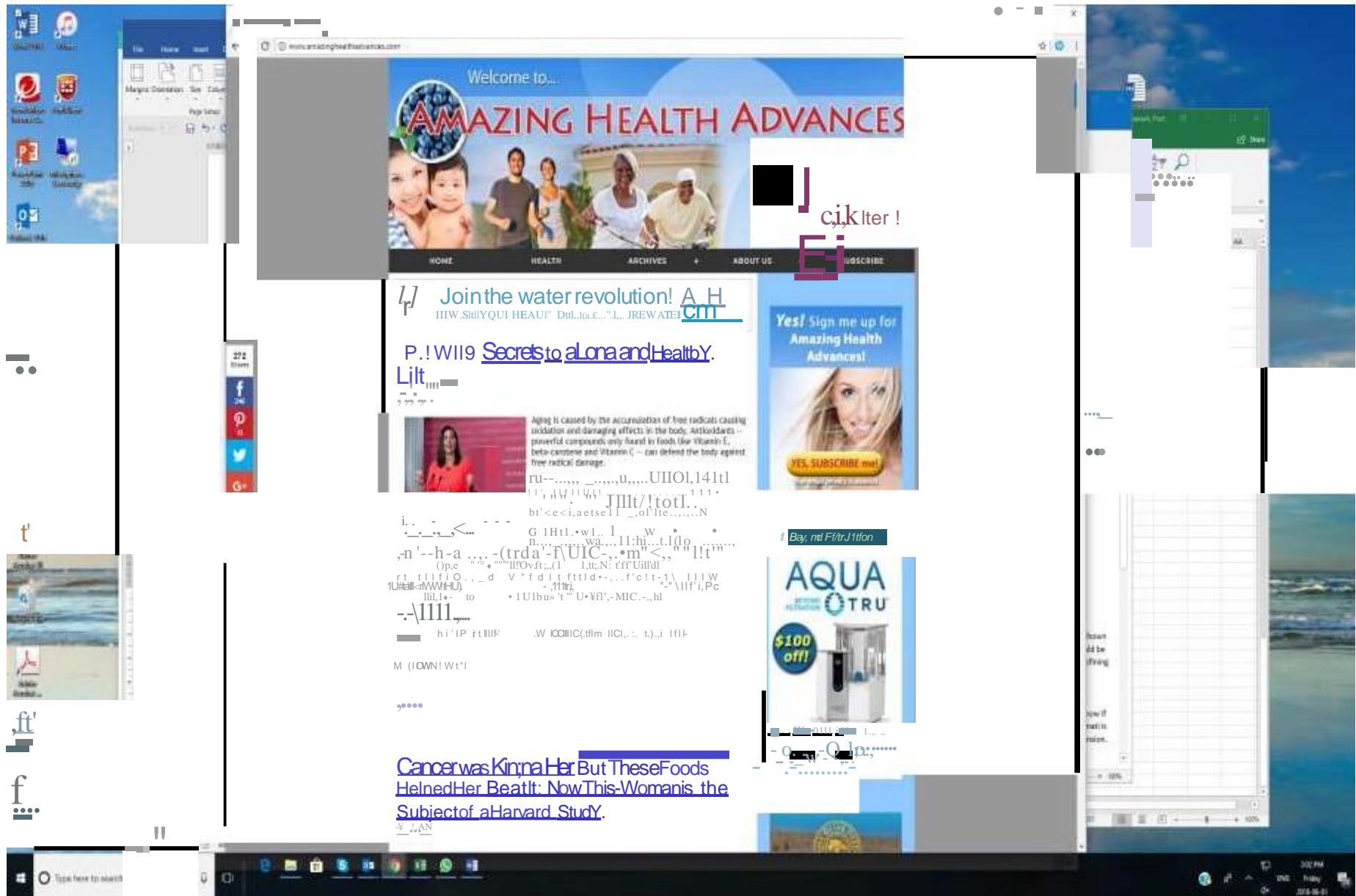


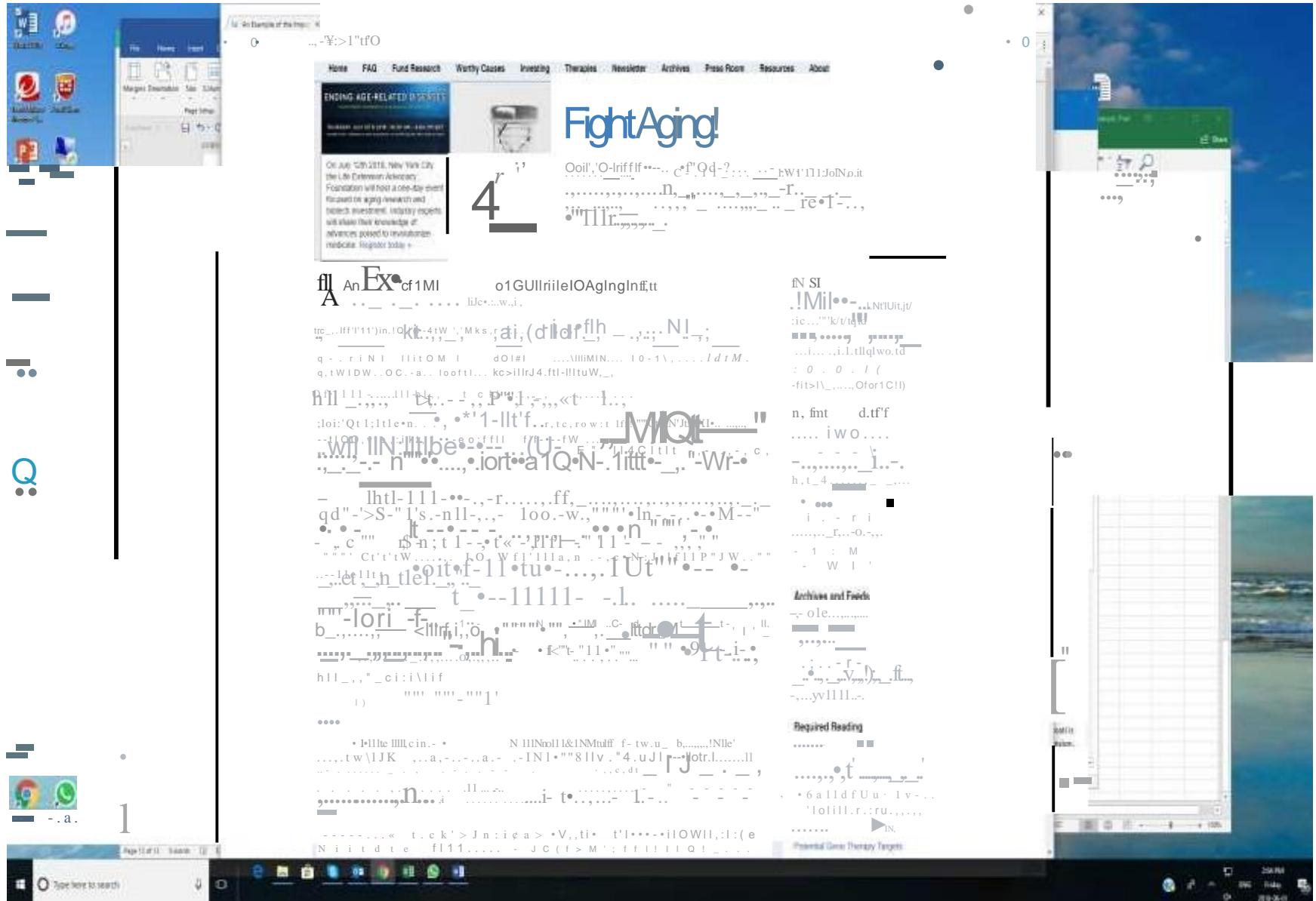












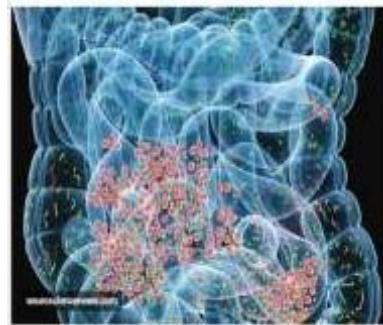


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The secret to Longevity is in the Microbiome and gut.

The research is in Scientific Reports (full text, [arXiv](#))

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6	0.05
7	0.05
8	0.05
9	0.05
10	0.05

A screenshot of the Microsoft OneNote application window. The window title is "OneNote - Page 1". A search dialog box is open in the center, containing icons for Find, Find Again, Filter, and Select, along with the word "Lasting". Below the dialog is a table with columns labeled X, Y, Z, and All. The background shows a blue sky with clouds.

C

A screenshot of a Microsoft Word document. The main content area contains several horizontal lines of text. On the far left, there is a vertical black line and a set of gray horizontal scroll bars. To the right of the text area is a vertical image of a beach scene with waves crashing onto a sandy shore under a clear blue sky. At the bottom of the screen, the Windows taskbar is visible, showing icons for File, Home, Insert, Page Layout, References, Mailings, and Review, along with the date and time (20:19 PM, Friday, 2016-06-03).

.5 Ht News!!

INCIDENT POLITICS TECHNOLOGY SPORT CULTURE SOCIETY ECONOMICS BUSINESS FINANCES HEALTH

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photo: pixabay.com

Photo will have as equally significant effect on humans.

Archives

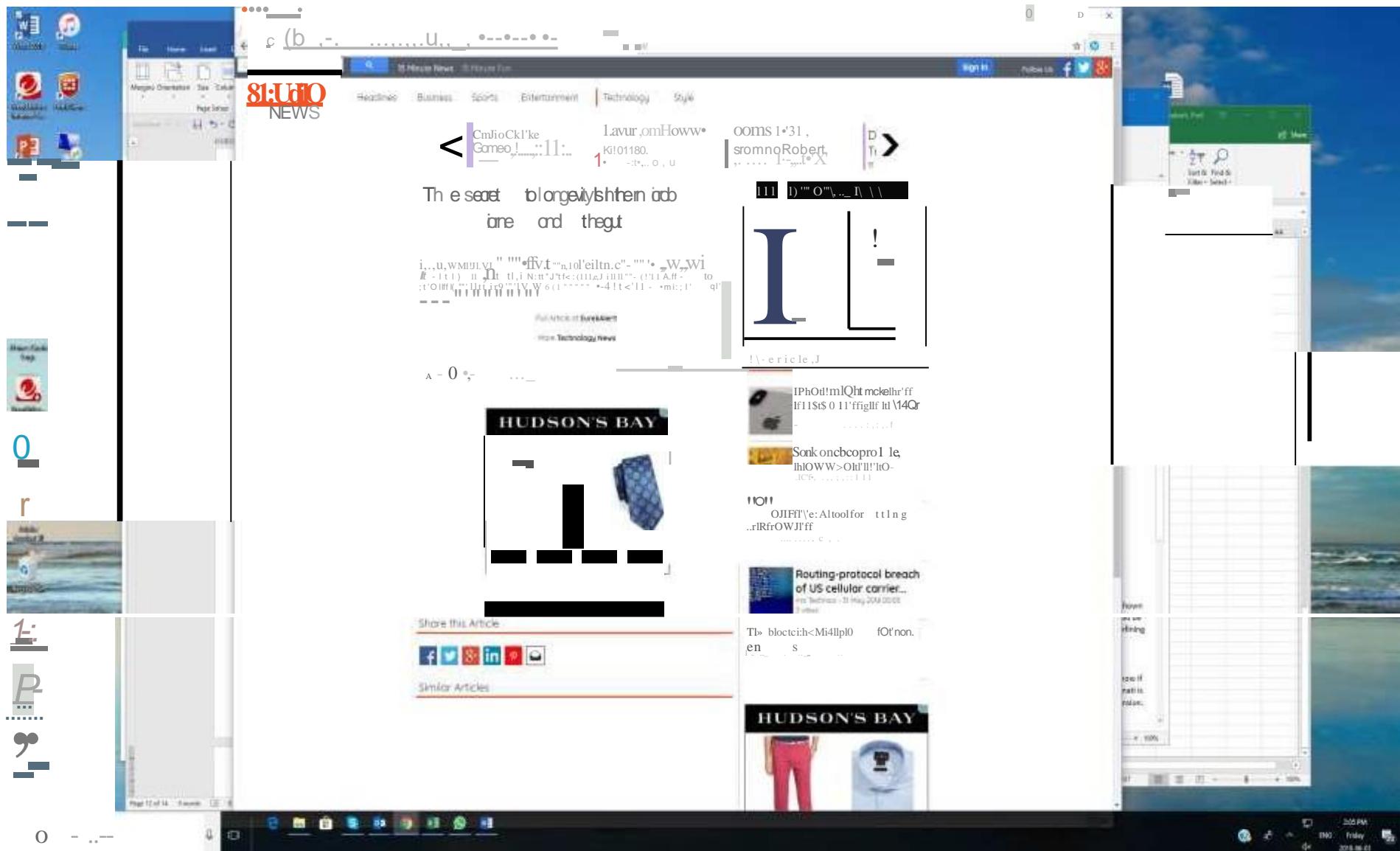
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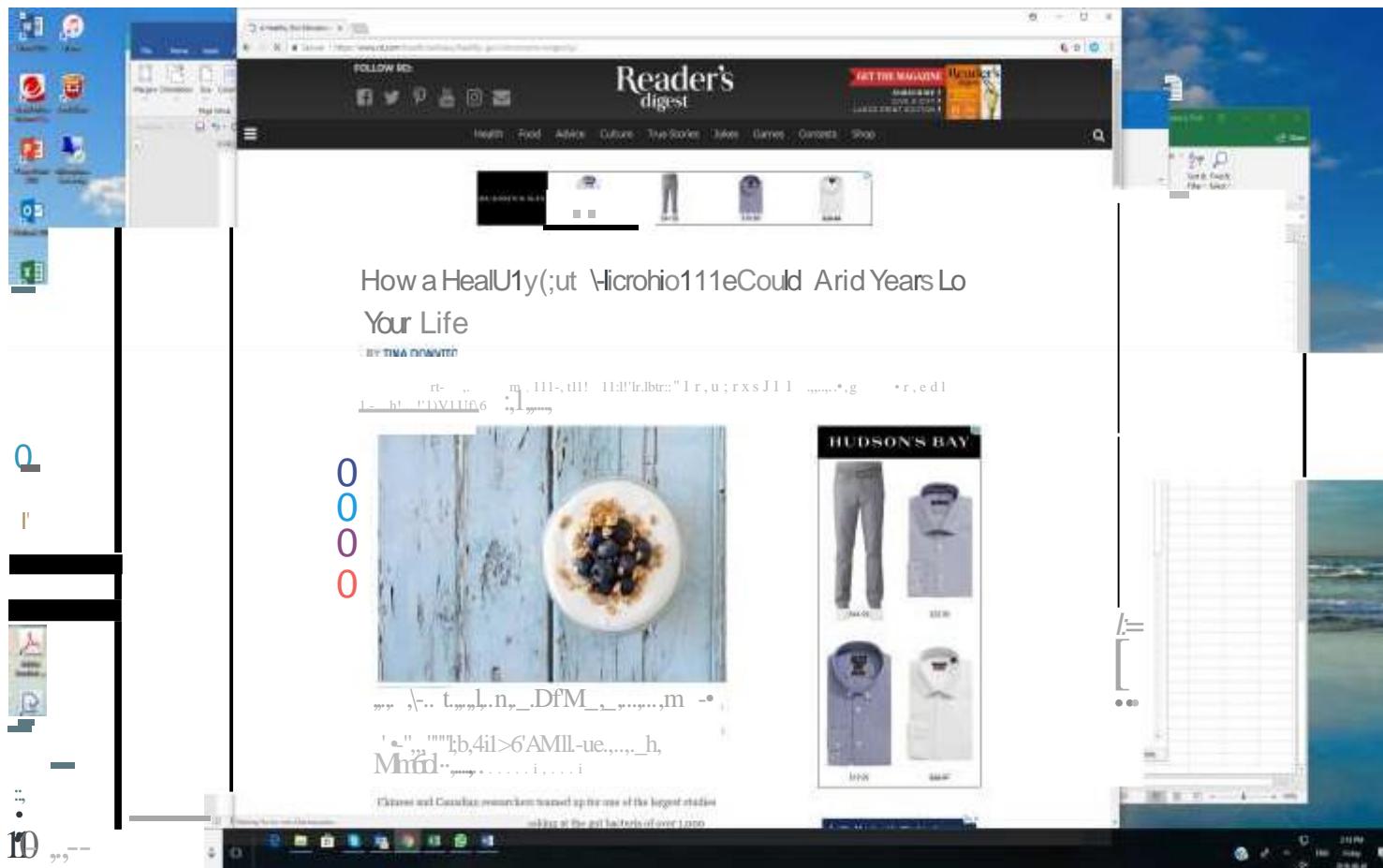
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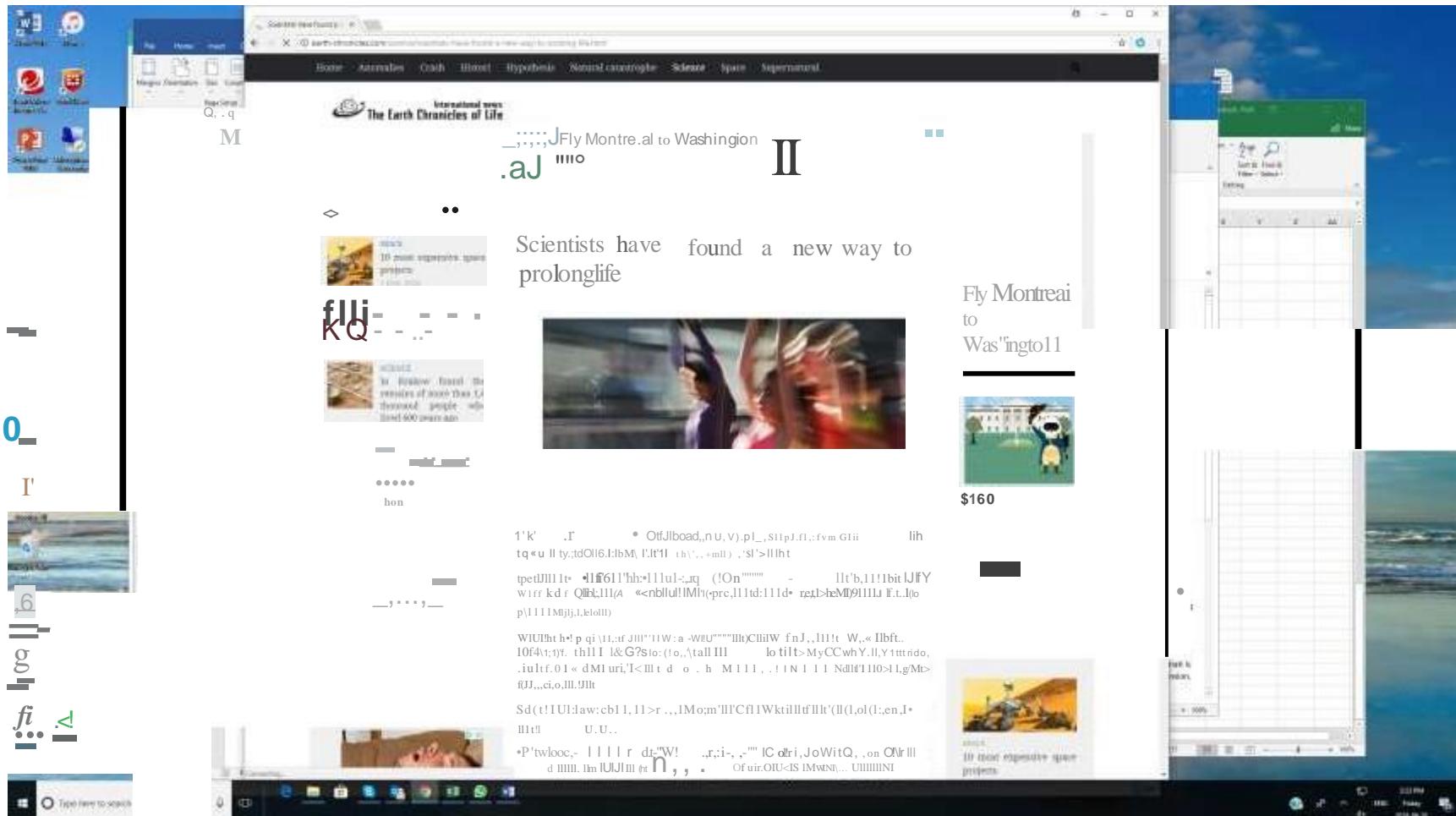
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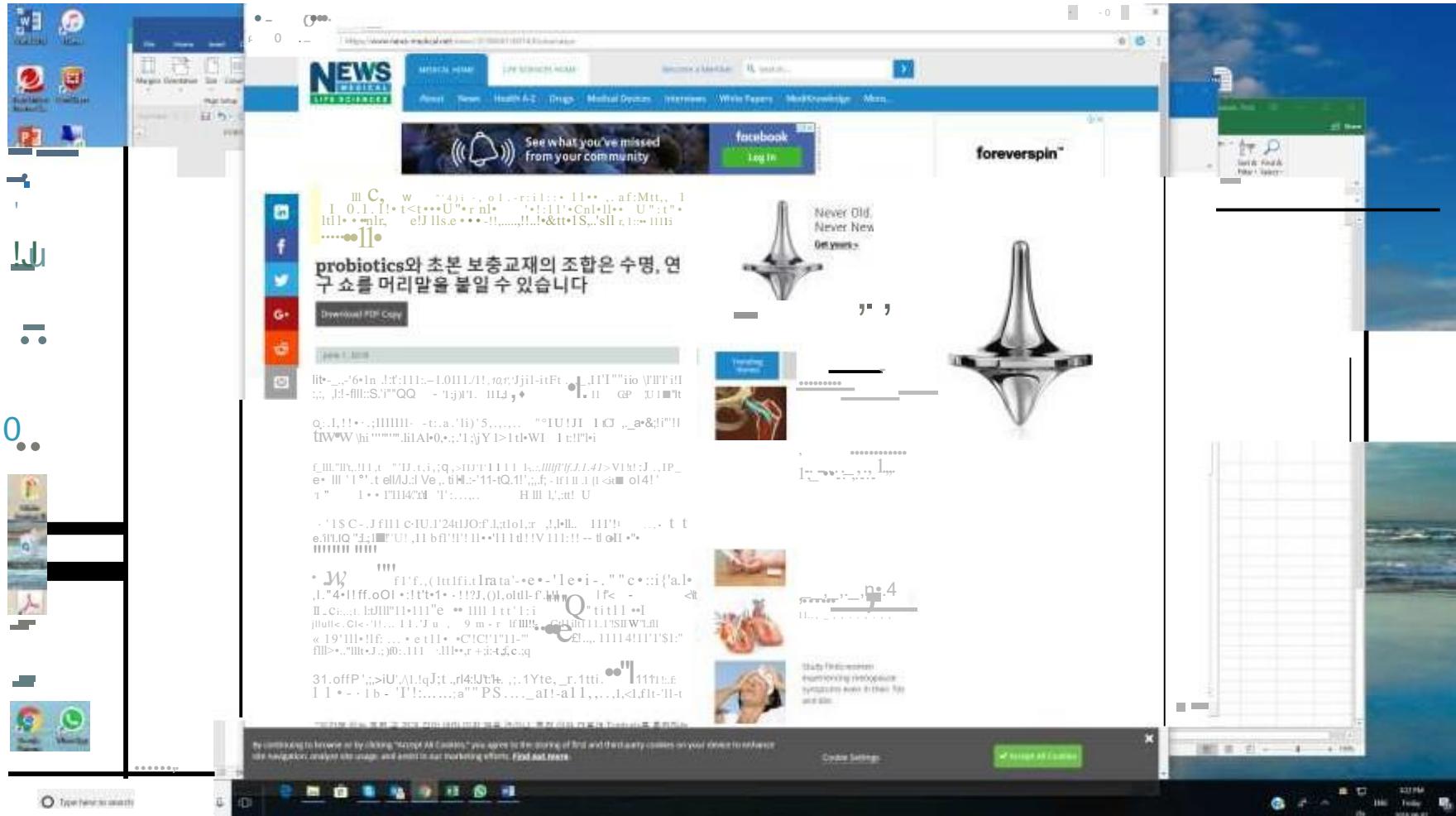
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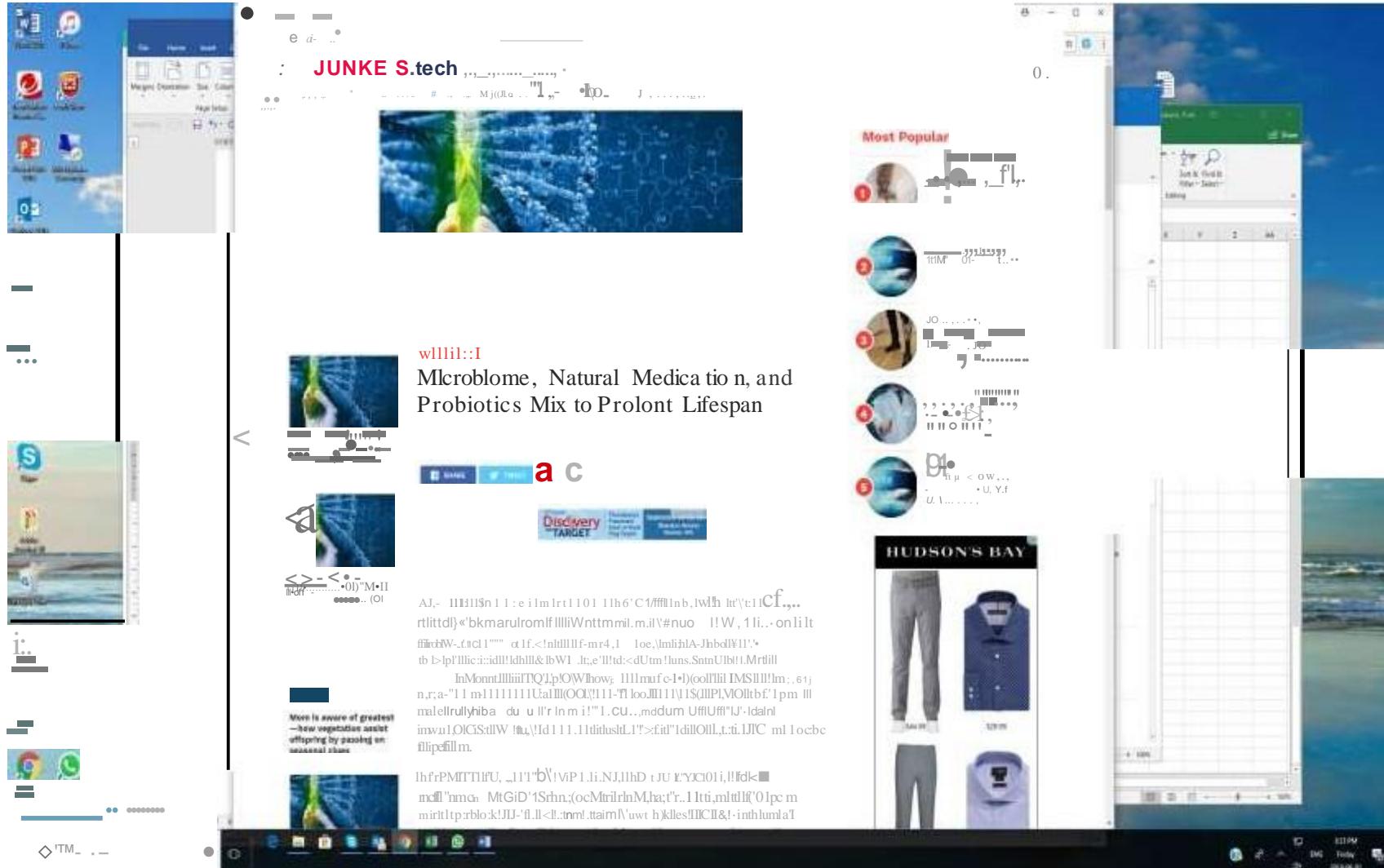
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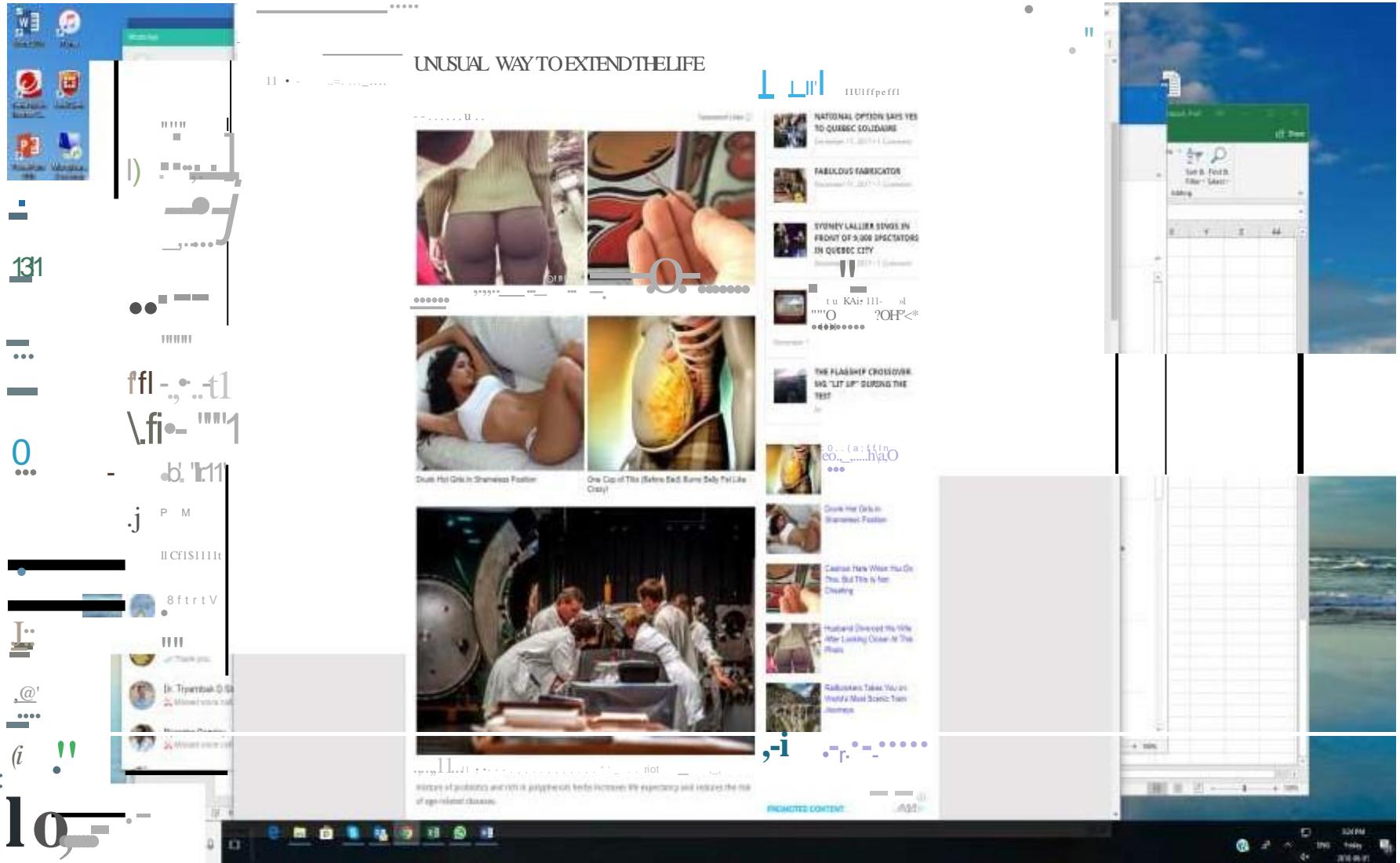


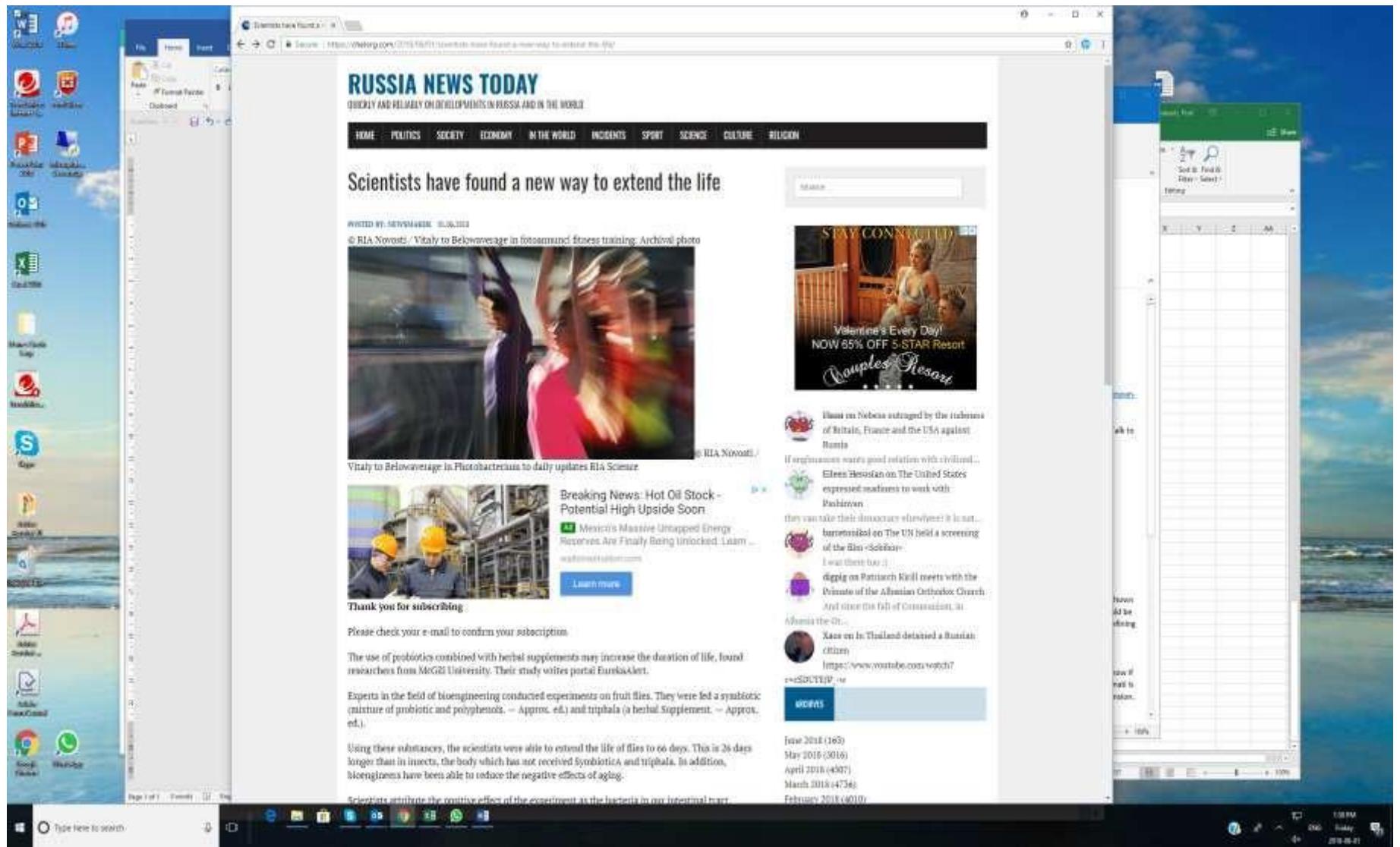




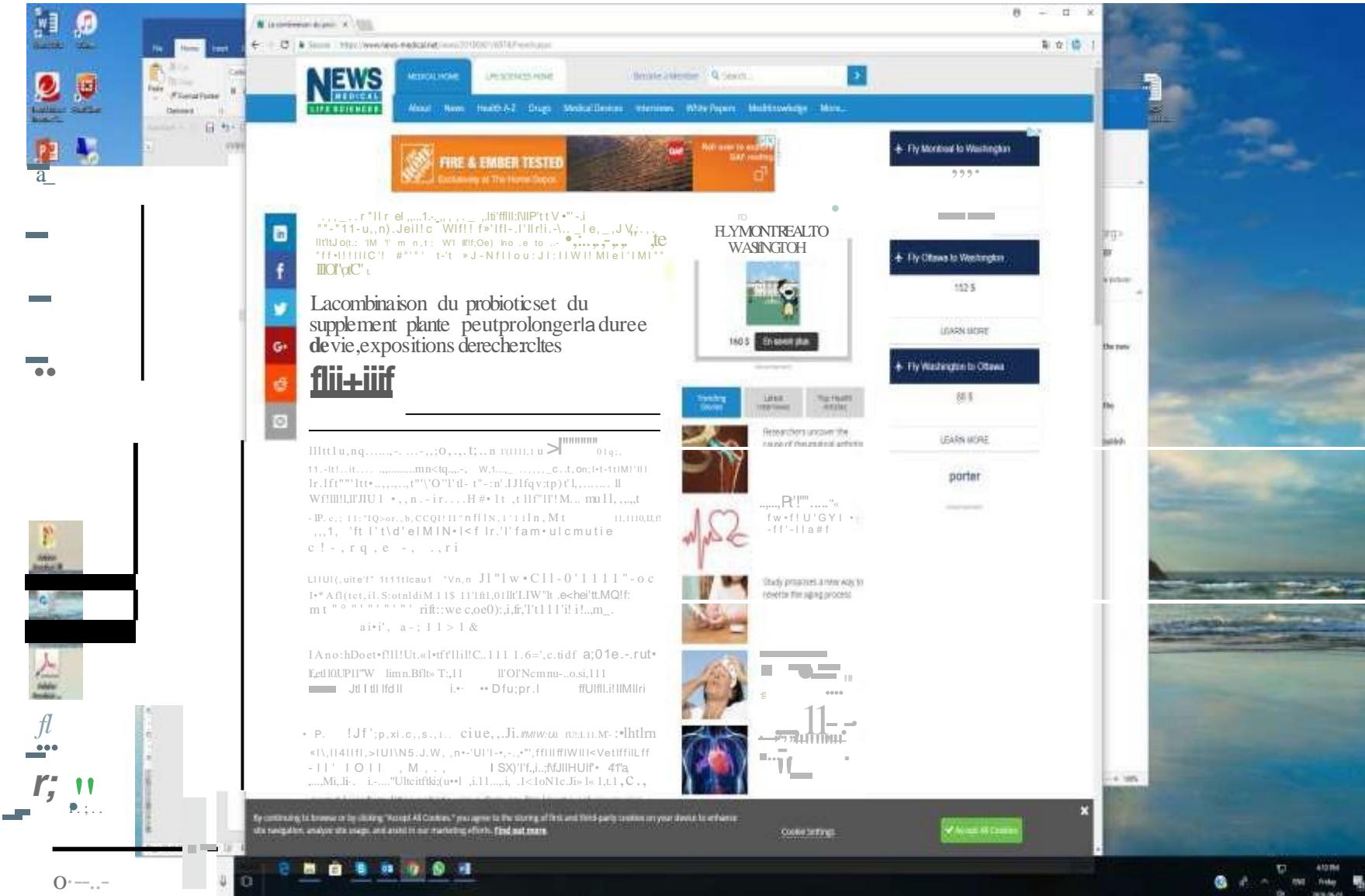








<https://chelorg.com/2018/06/01/scientists-have-found-a-new-way-to-extend-the-life/>



Could taking a probiotic alongside an Indian herbal remedy help you live to 100? Scientists claim the combination could boost the lifespan of humans

Taking probiotics alongside a herbal supplement could help you to live longer
A study found fruit flies lived 80% longer after being fed the supplements
Furthermore the flies showed signs of anti-ageing, like better insulin resistance

By JACK FURRAGAN and STEPHEN MATTINGLY FOR MAILONLINE
PUBLISHED: 12:08 EST, 3 June 2013 | UPDATED: 08:56 EST, 6 June 2013

1.3k 162

Taking a probiotic alongside a traditional Indian herb could help you live longer, a study suggests.

Scientists found giving the combination to fruit flies boosted their lifespan by 80 per cent and were protected against age-related diseases.

In humans, this would be the equivalent of an 80-year-old living until they reached 128. The oldest ever living person, French woman Jeanne Calment, was 122.

The Canadian researchers believe the findings could apply to humans - but warned it is unlikely they would be so dramatic.

DON'T MISS

Peter Andre's dad makes a move on his ex-wife's daughter
Researcher Adam shows off his amazing 'Rocky' dancing skills on YouTube

Victoria Azarenka leaves her supermodel figure in revealing orange outfit as she continues search for Masters title by taking the time of her life

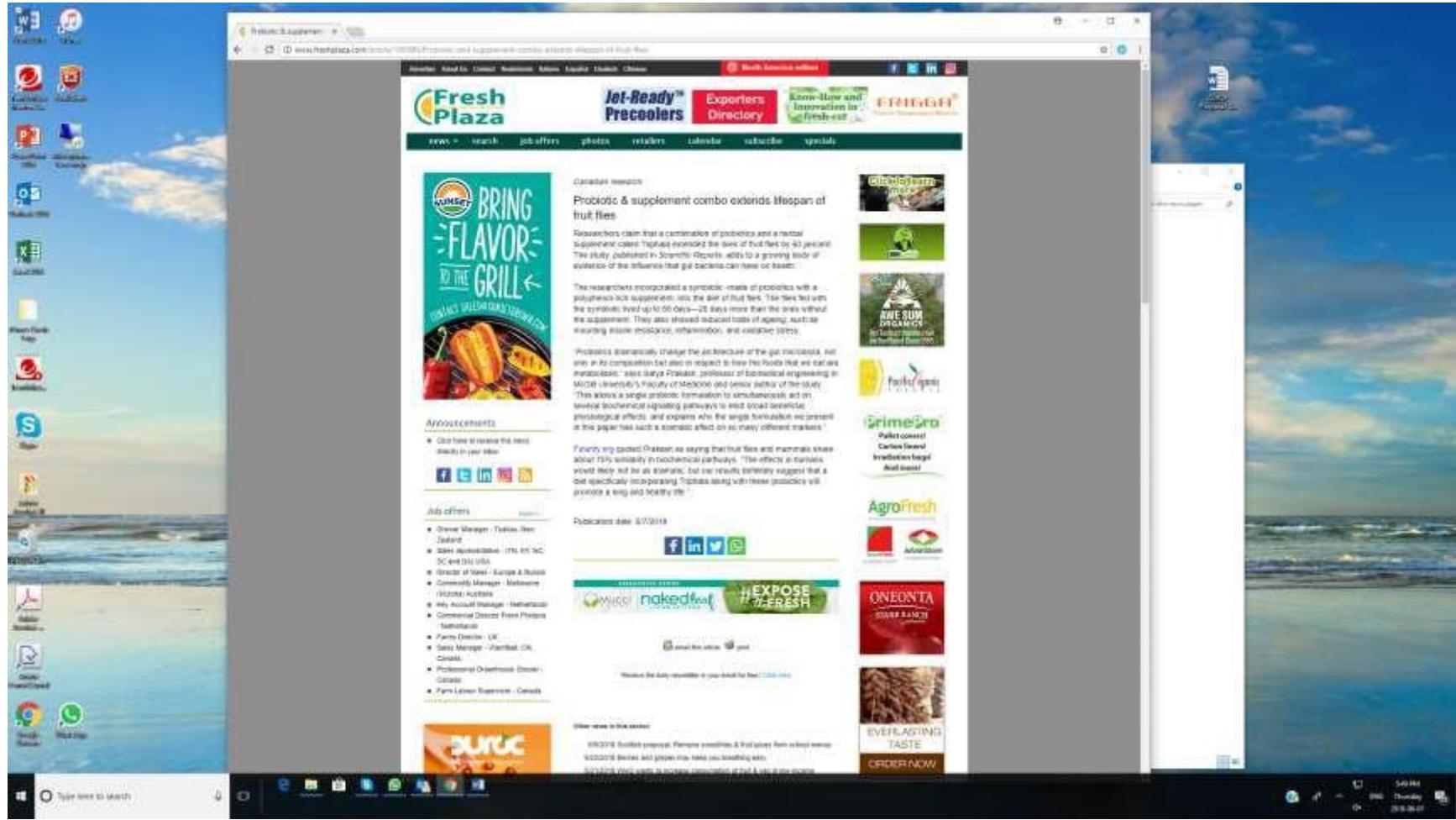
A special Madonna and Megan Whalen tie the knot: Ex-Expected couple have set aside their differences... now is THAT the wedding dress?

Madonna Madonna risks getting arrested for public urinating... Madonna! As her 50th birthday approaches - will the iconic star - 50 - still be performing her acts in 2014?

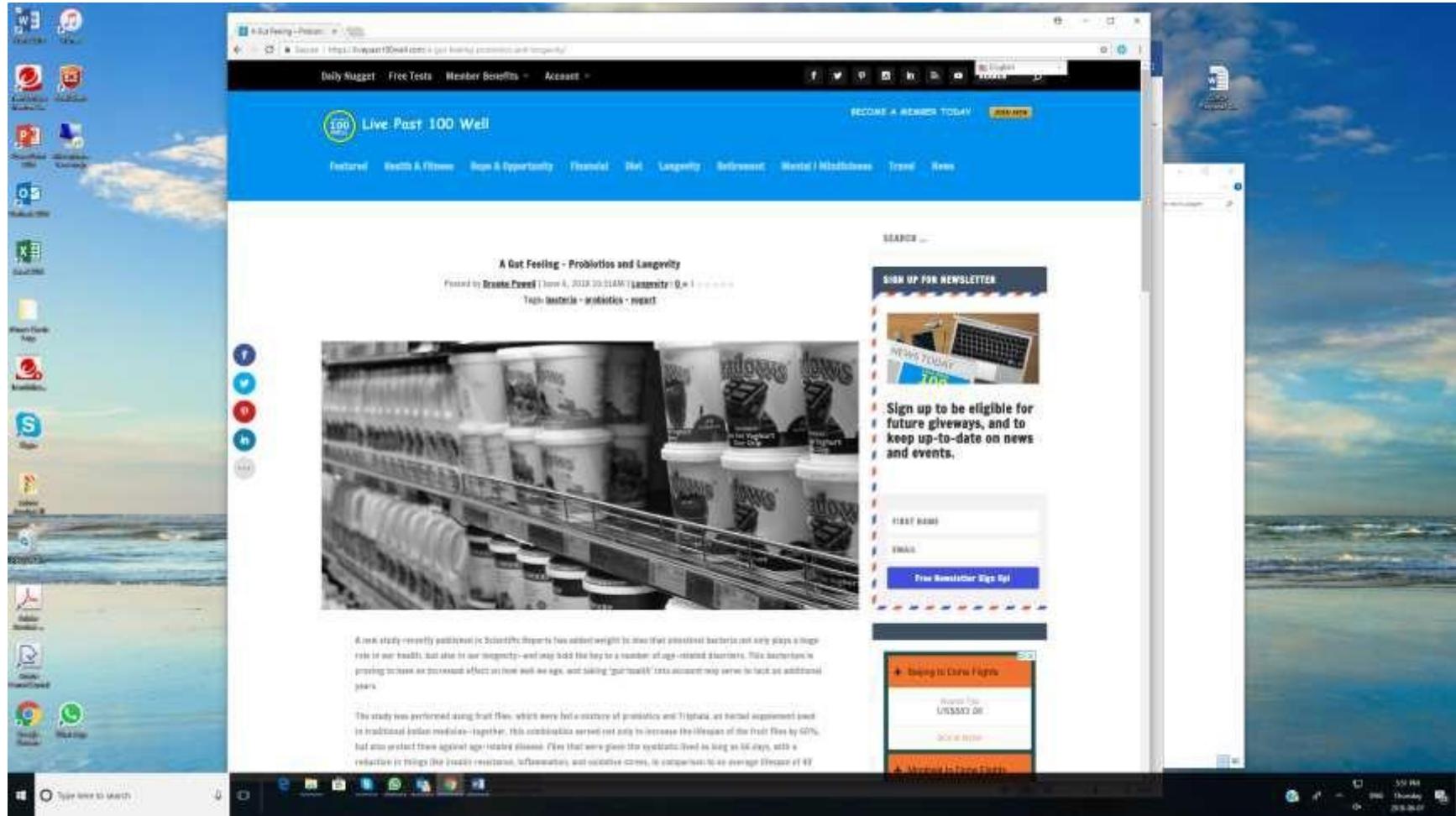
Madeleine McCann: British police release DNA evidence

Thursday 06 June 2013

<http://www.dailymail.co.uk/health/article-5795853/Taking-probiotics-alongside-herbal-supplement-help-live-longer.html>



<http://www.freshplaza.com/article/195996/Probiotic-and-supplement-combo-extends-lifespan-of-fruit-flies>



<https://livepast100well.com/a-gut-feeling-probiotics-and-longevity/>

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LIFESTYLE, HEALTH AND WELLBEING

Secret to fruit flies' longevity may lie in gut: Study

ANI
Published - Jun 1, 2018, 11:44 am IST Updated - Jun 1, 2018, 11:44 am IST

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Researchers made the discovery after incorporating a symbiont into the diet of fruit flies.



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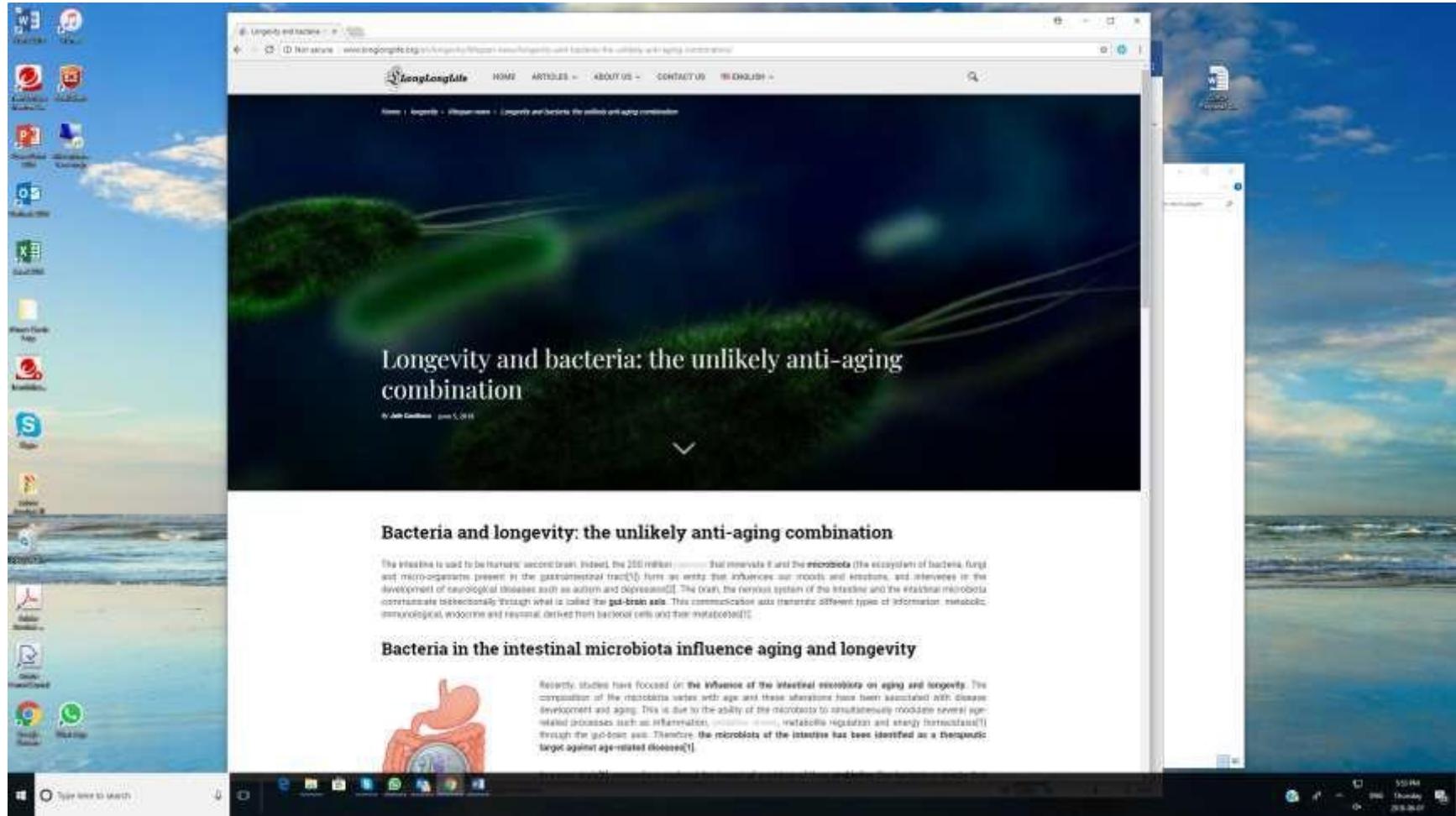
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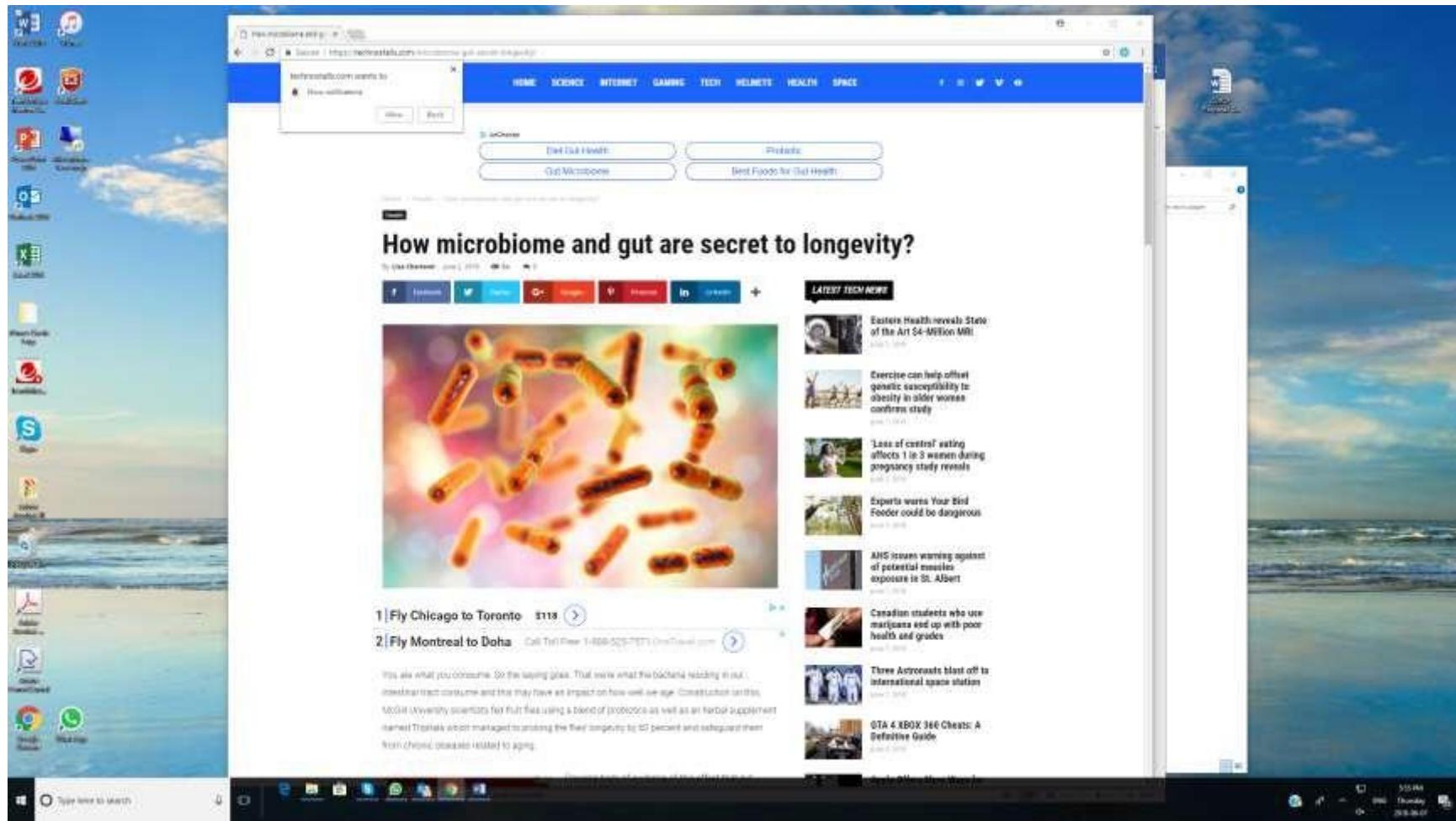
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Jun 05, 2018

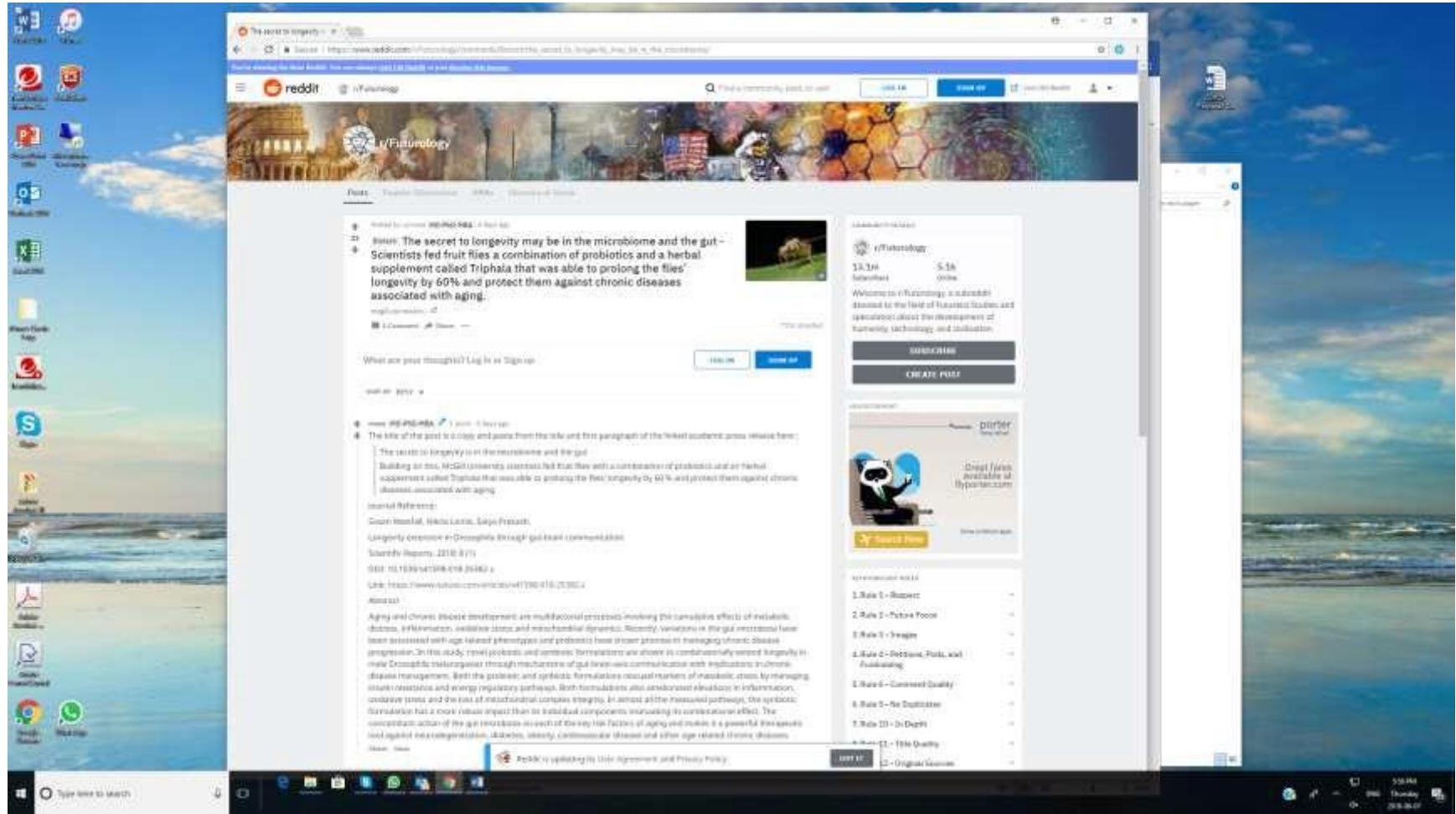
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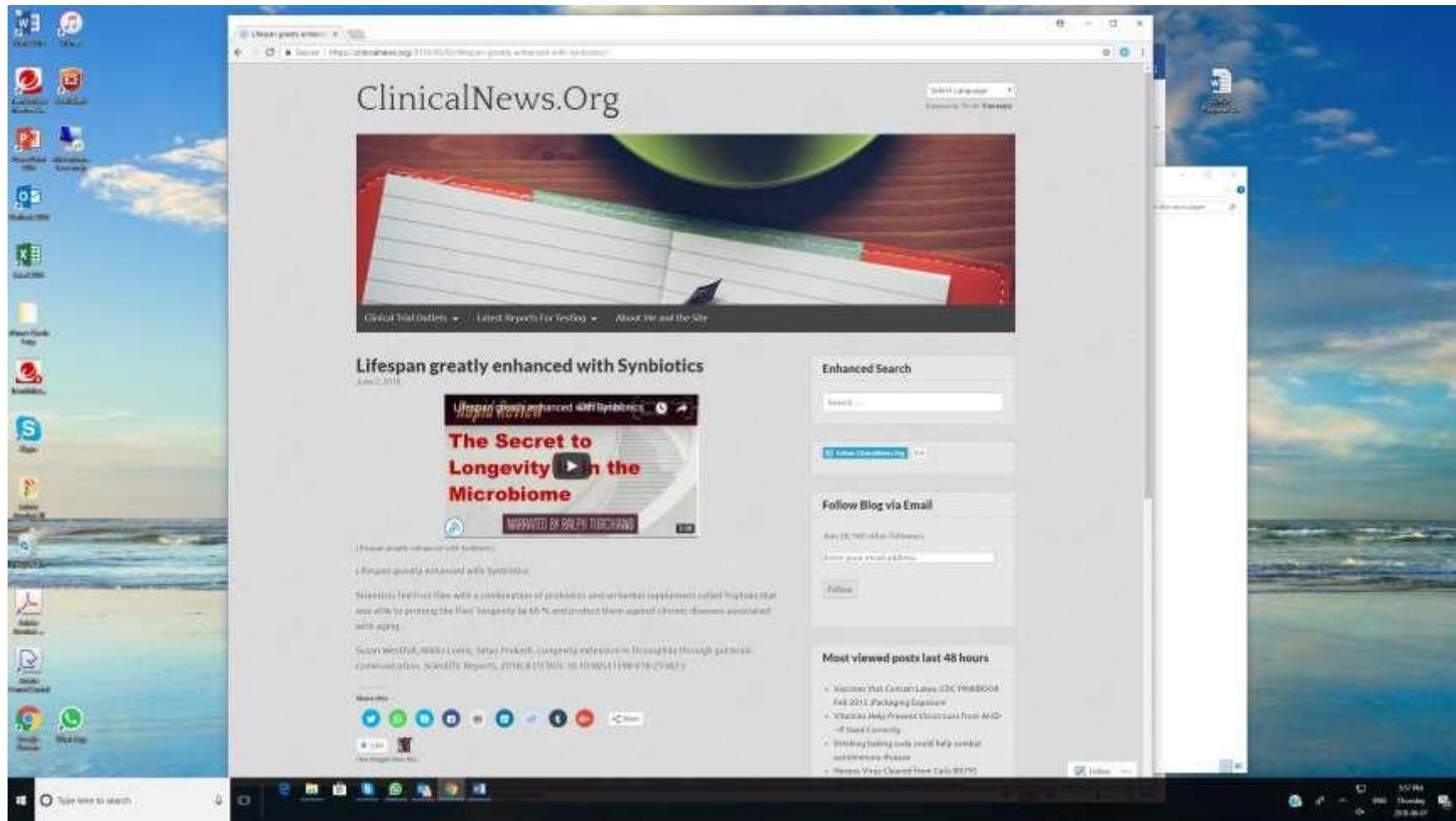
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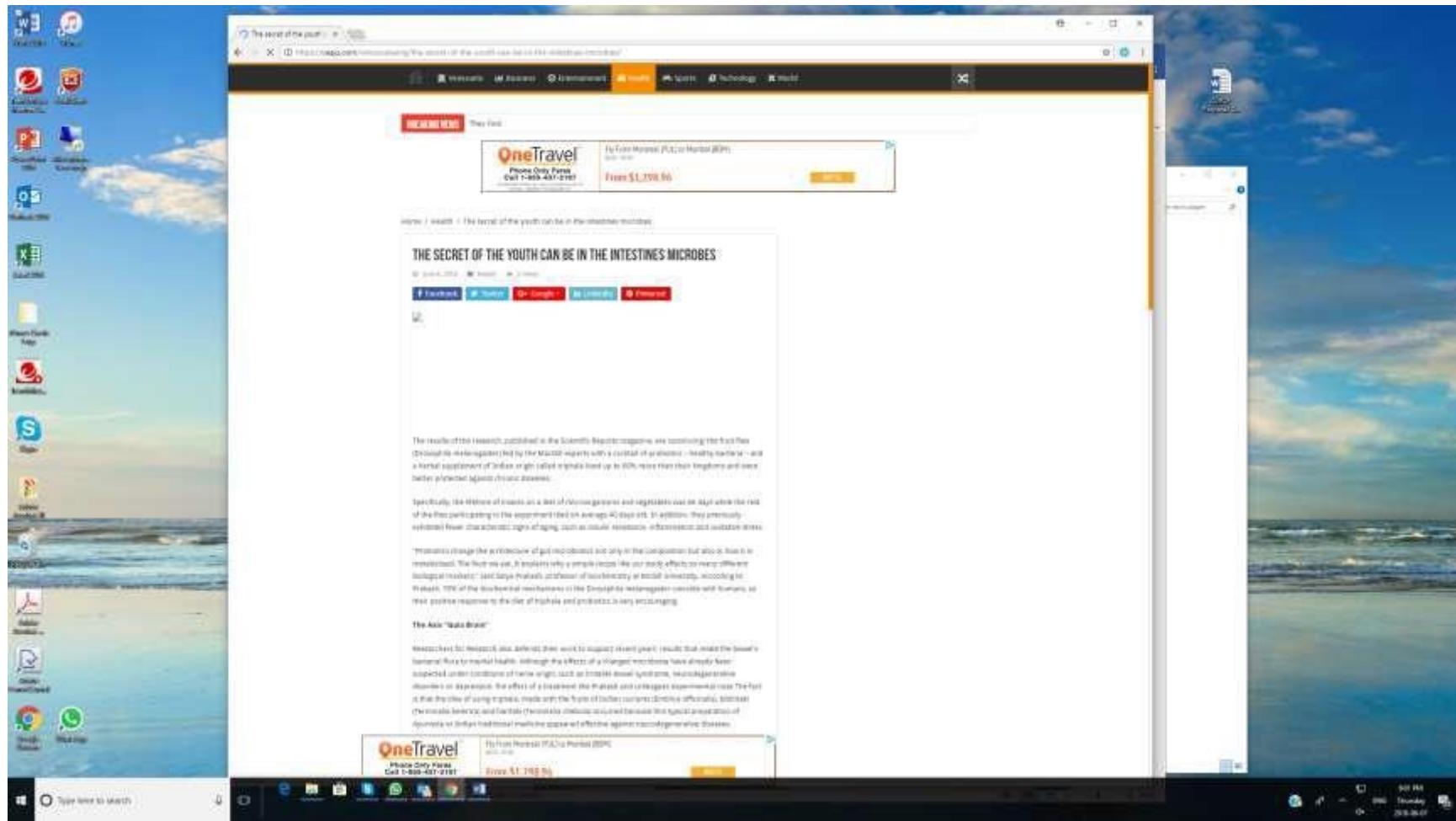
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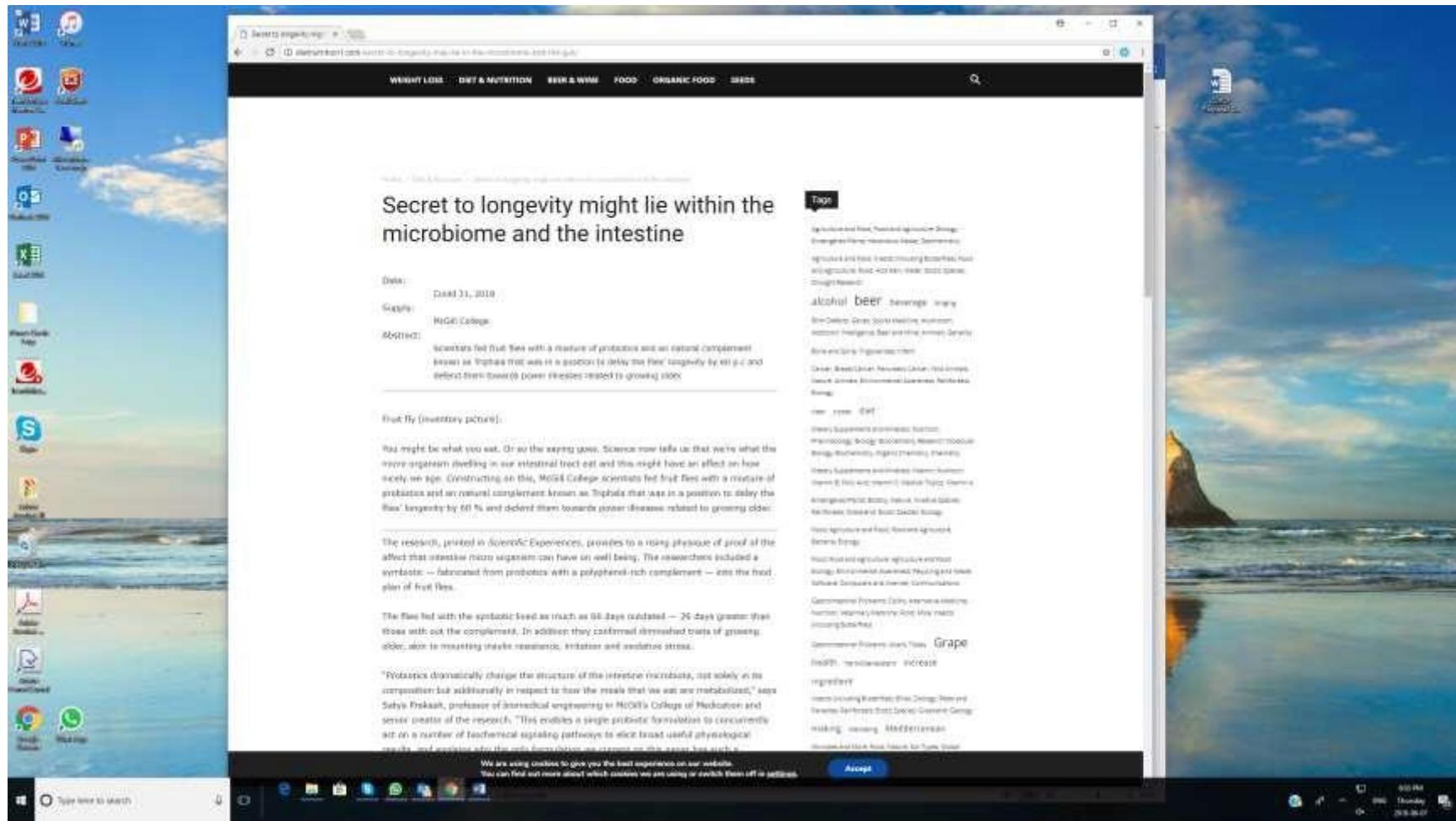
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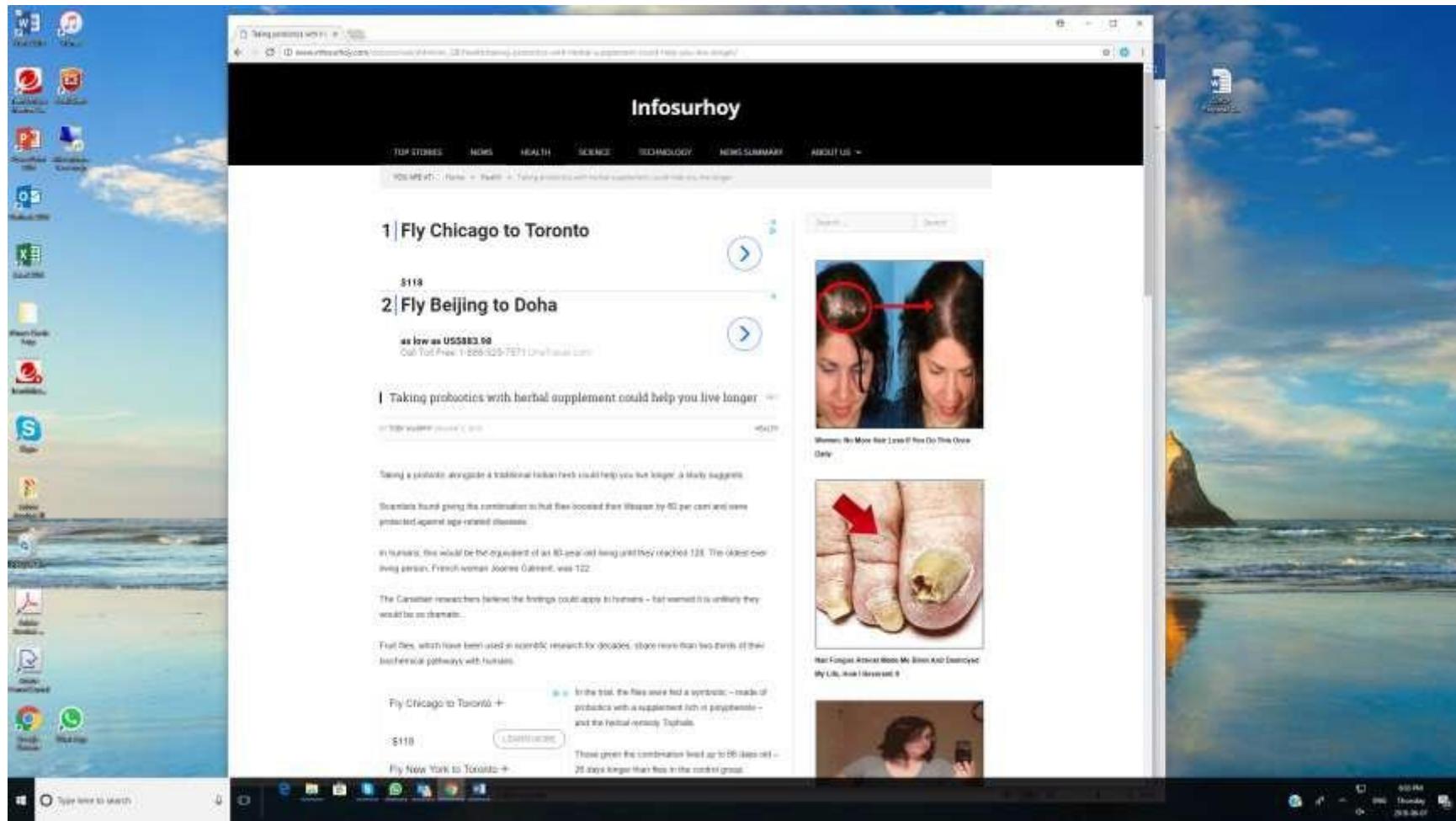
<https://clinicalnews.org/2018/06/02/lifespan-greatly-enhanced-with-synbiotics/>



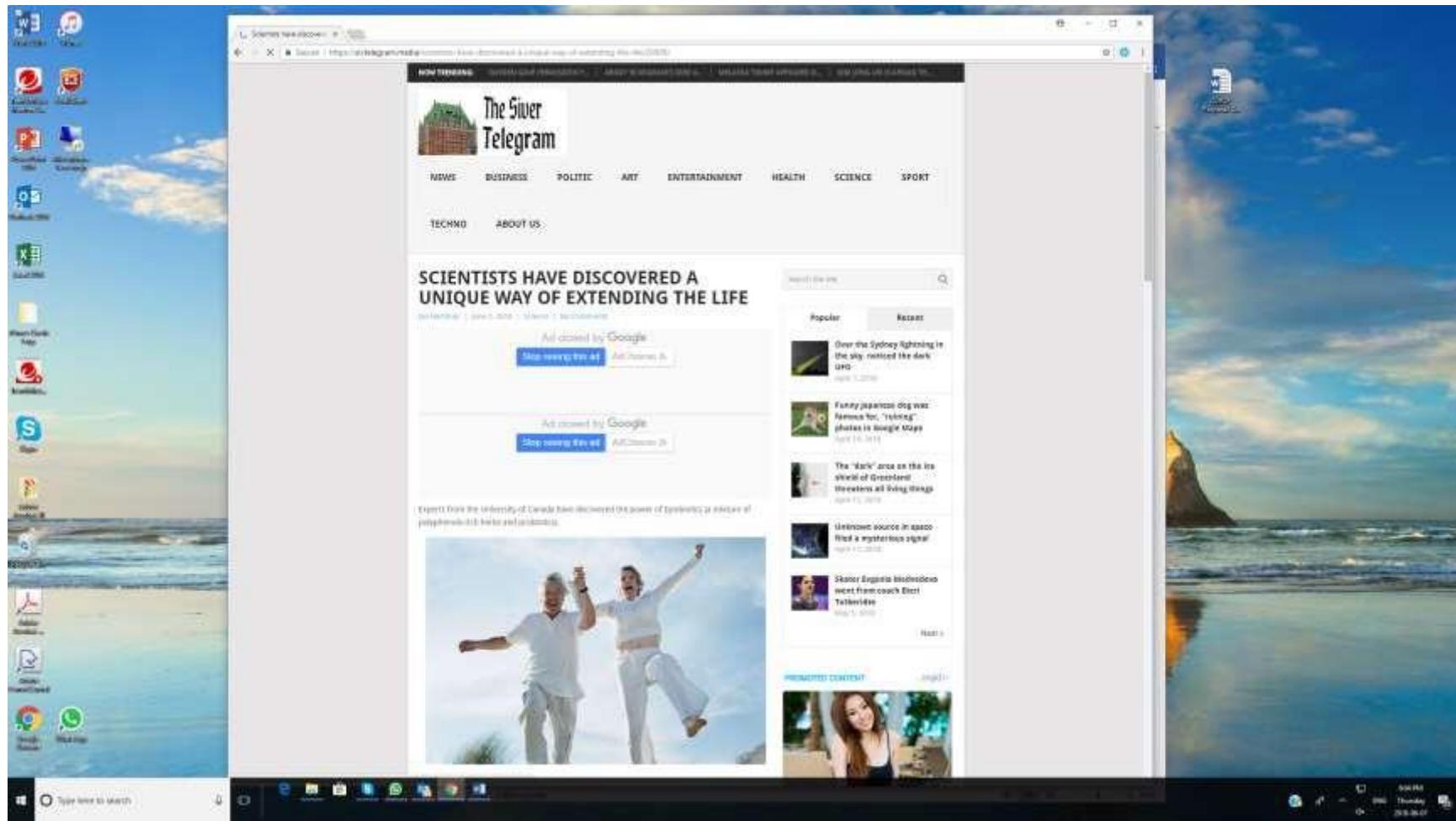
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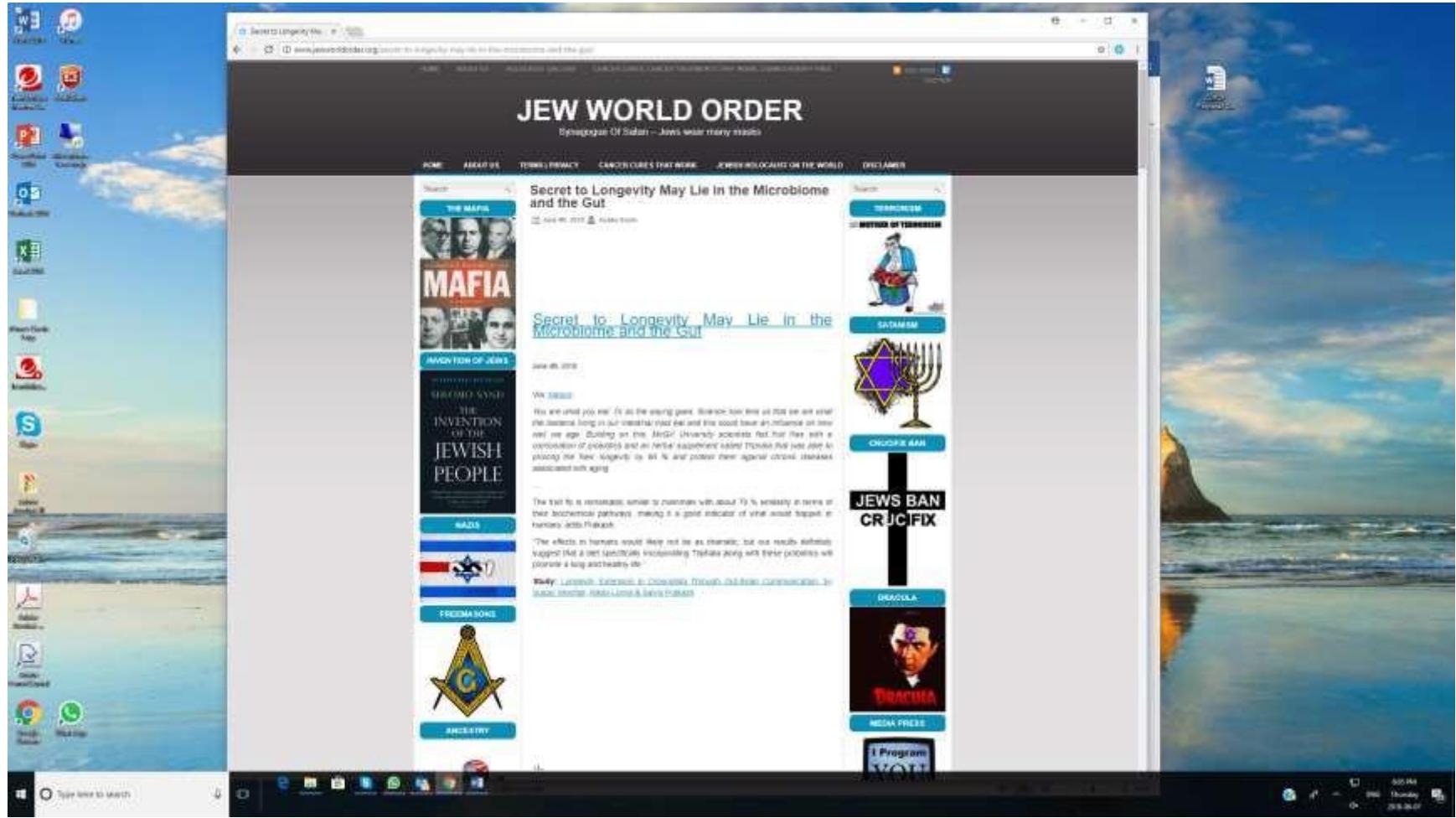
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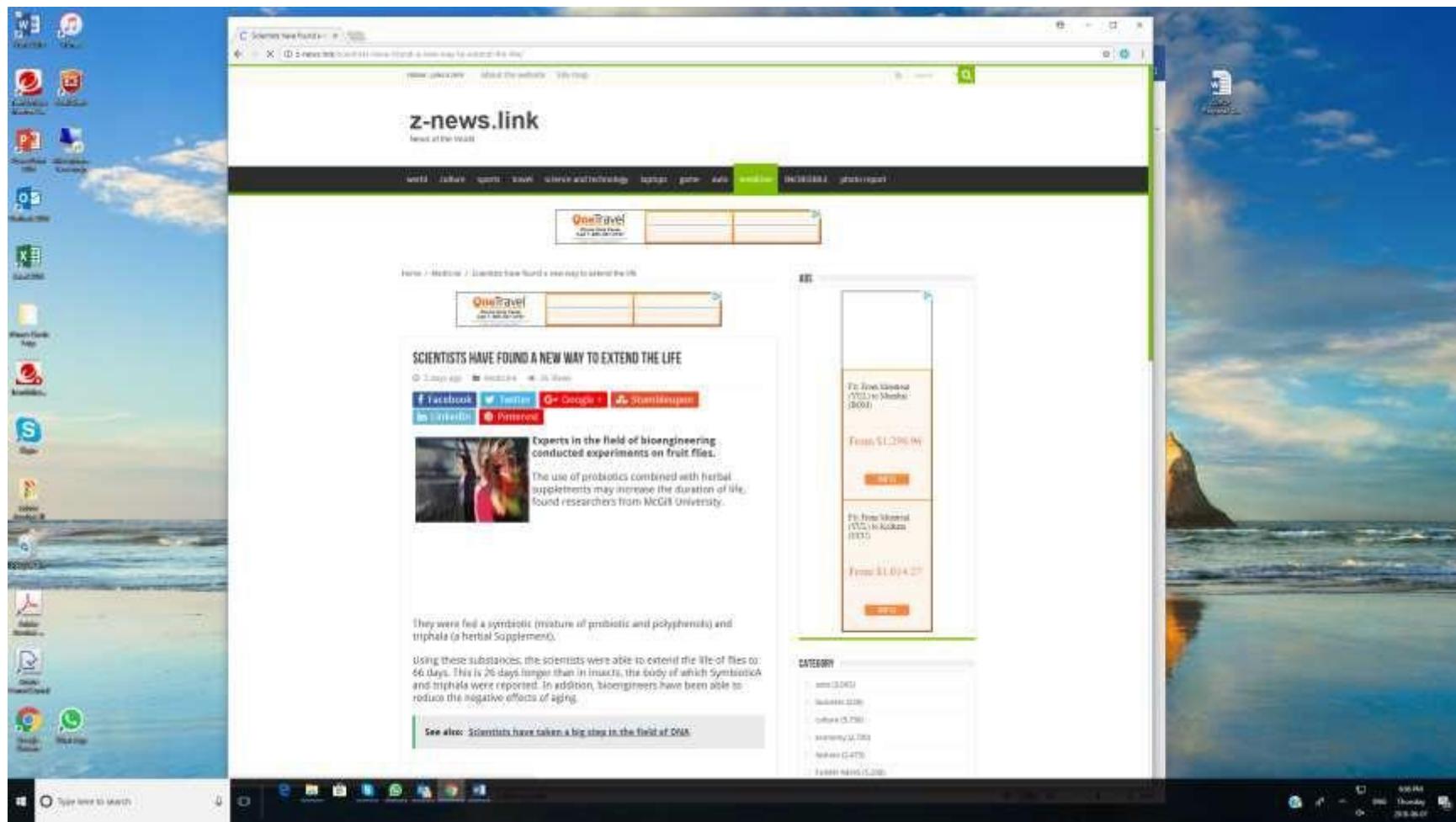
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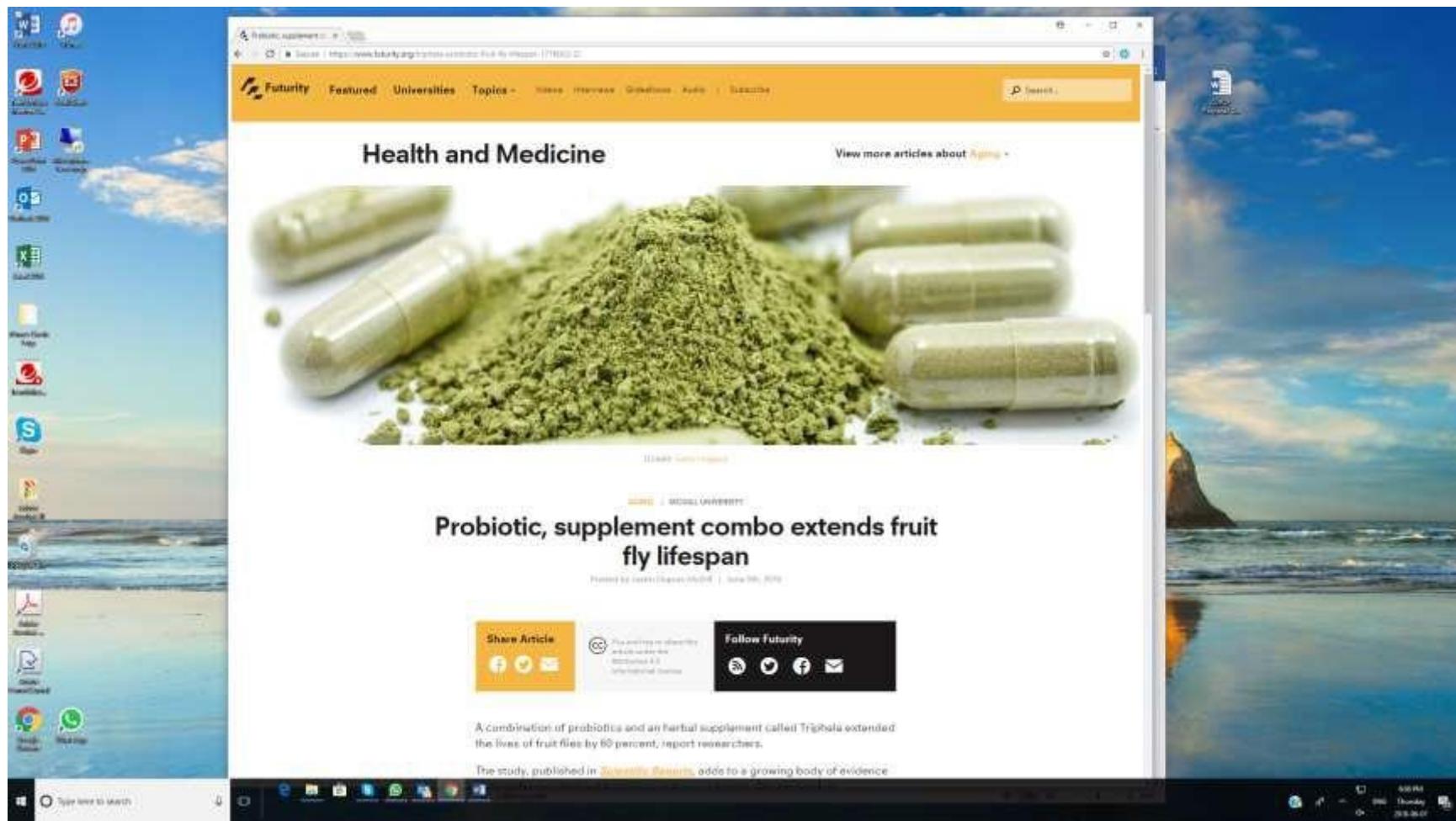
<http://www.jewworldorder.org/secret-to-longevity-may-lie-in-the-microbiome-and-the-gut/>



<http://z-news.link/scientists-have-found-a-new-way-to-extend-the-life/>



<http://quicknews.in/health-fitness/secret-to-fruit-flies-longevity-may-lie-in-gut/>



<https://www.futurity.org/triphala-probiotic-fruit-fly-lifespan-1776022-2/>

The screenshot shows a Windows desktop with a scenic beach background. A news article is open in a browser window. The article title is "Combination of probiotics and herbal supplement may prolong lifespan, research shows". It discusses a study where fruit flies were fed a combination of Triflora and a probiotic supplement, which increased their lifespan by 60% and protected them against chronic diseases associated with aging. The study's lead author, Dr. Sanya Prakash, explains that the supplement's architecture changes gut bacteria composition and metabolism. The article also mentions that the supplement reduced oxidative stress and inflammation. A sidebar on the right features a Thermo Fisher advertisement for the ACCU-CHEK® device.

Combination of probiotics and herbal supplement may prolong lifespan, research shows

Download PDF [Free]

July 1, 2018

You are what you eat. Or so the saying goes. Science now tells us that we are what the bacteria living in our intestinal tract are and this could have an influence on how well we age. Building on this, McGill University scientists fed fruit flies with a combination of probiotics and an herbal supplement called Triflora that was shown to prolong the flies' longevity by 60% and protect them against chronic diseases associated with aging.

The study, published in *Scientific Reports*, adds to a growing body of evidence of the influence that gut bacteria can have on health. The researchers incorporated a symbiotic mix of probiotics with a polyphenolic-rich supplement – into the diet of fruit flies. The flies fed with the symbiont lived up to 66 days old – 26 days more than the ones without the supplement. They also showed reduced traits of aging, such as mounting, insulin resistance, inflammation and oxidative stress.

"Probiotics dramatically change the architecture of the gut microbiota, not only in its composition but also in respect to how the hosts that we eat are metabolized," says Sanya Prakash, professor of biomedical engineering at McGill's Faculty of Medicine and senior author of the study. "This allows a single probiotic formulation to simultaneously act on several pathways of signaling pathways to elicit broad beneficial physiological effects and explains why the single formulation we present in this paper has such a dramatic effect on many different markers."

The fruit fly is remarkably similar to mammals with about 70% similarity in terms of their biochemical pathways, making it a good indicator of what would happen in humans, adds Prakash.

"The effects in humans would likely not be as dramatic, but our results definitely suggest that a diet containing Triflora along with these probiotics will contribute to

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Combination of probiotics and herbal supplement may prolong lifespan, research shows

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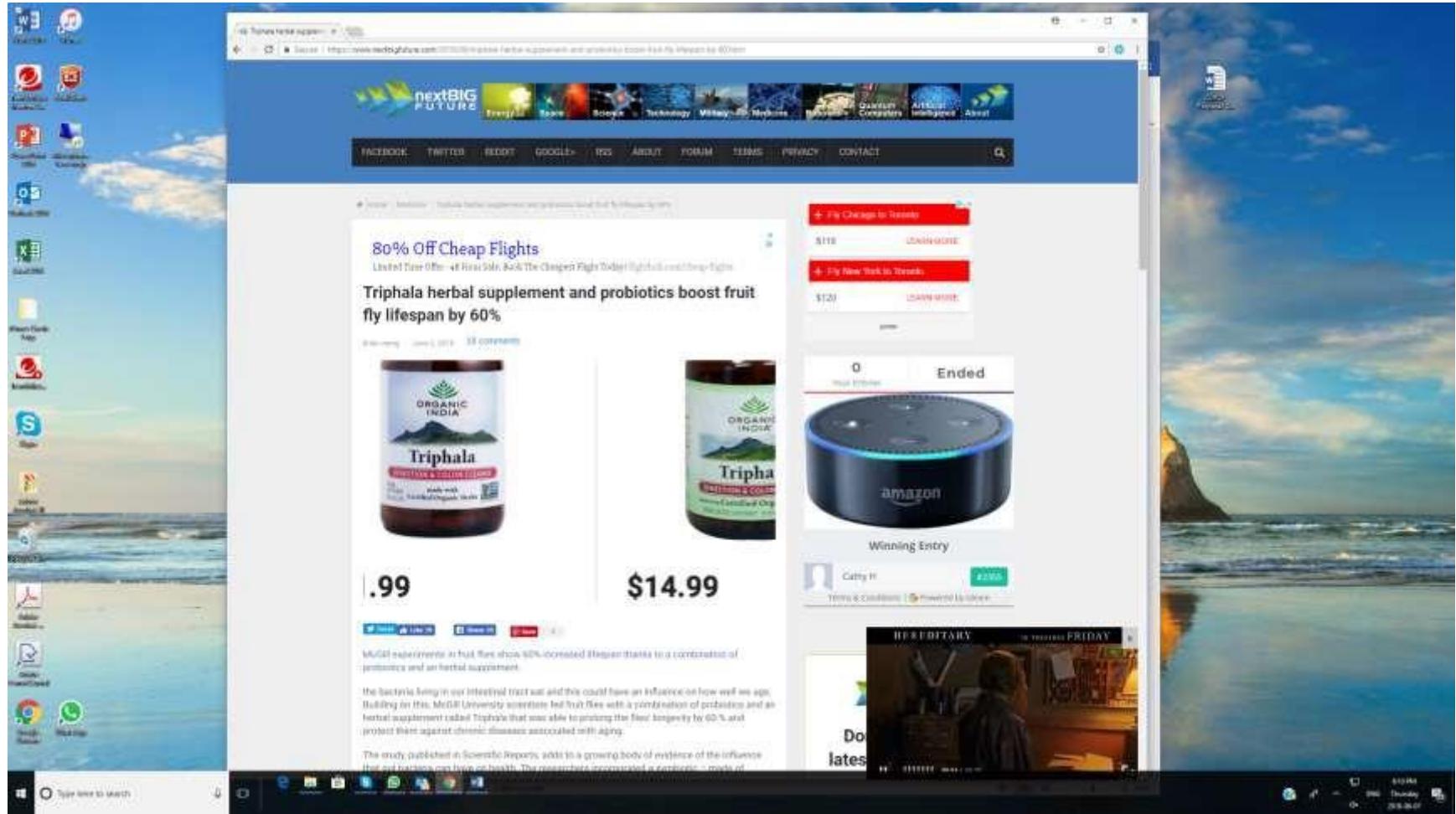
Saving assistance: Impaired consciousness in people with Alzheimer's disease

Honglei Chen

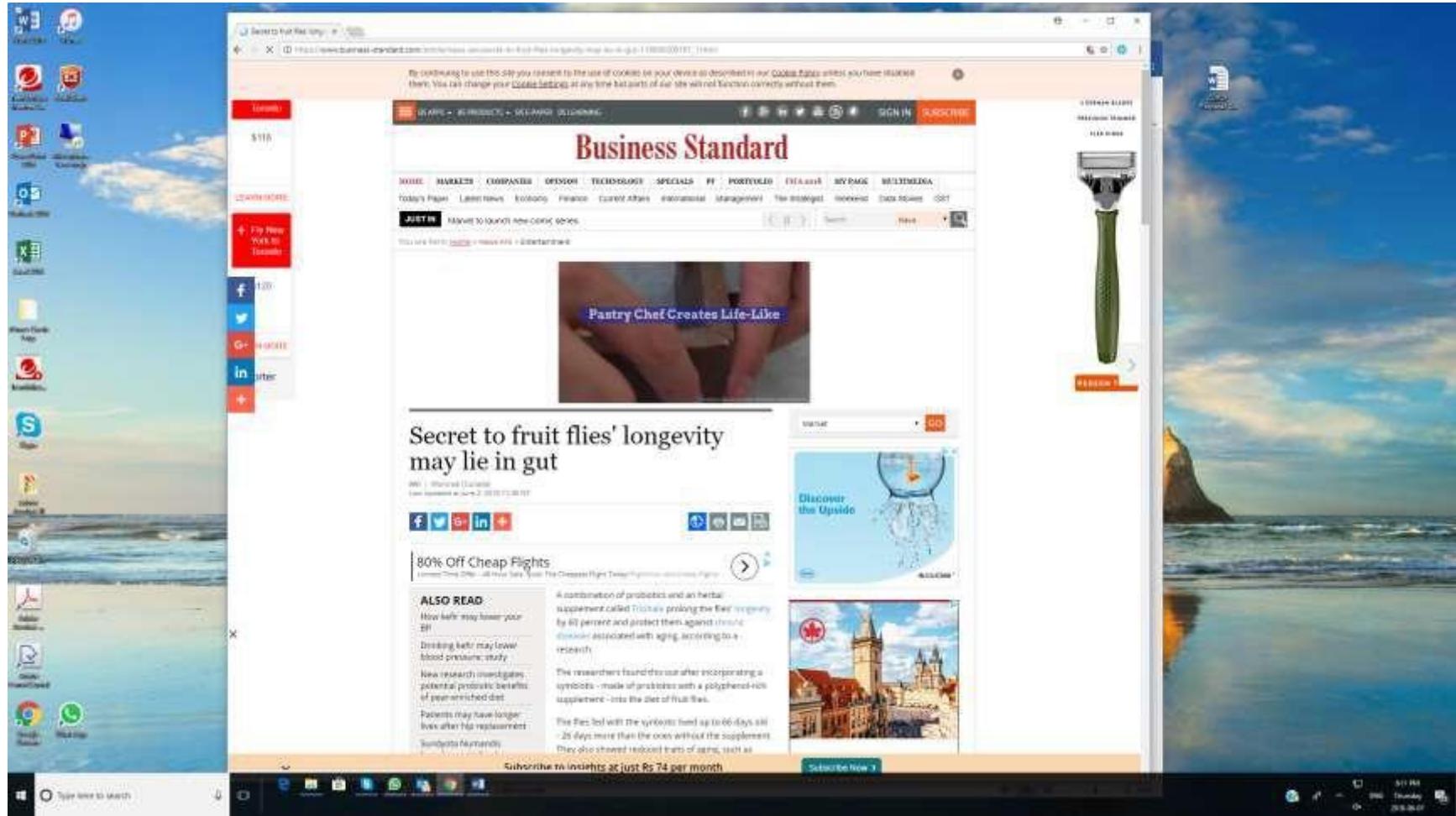
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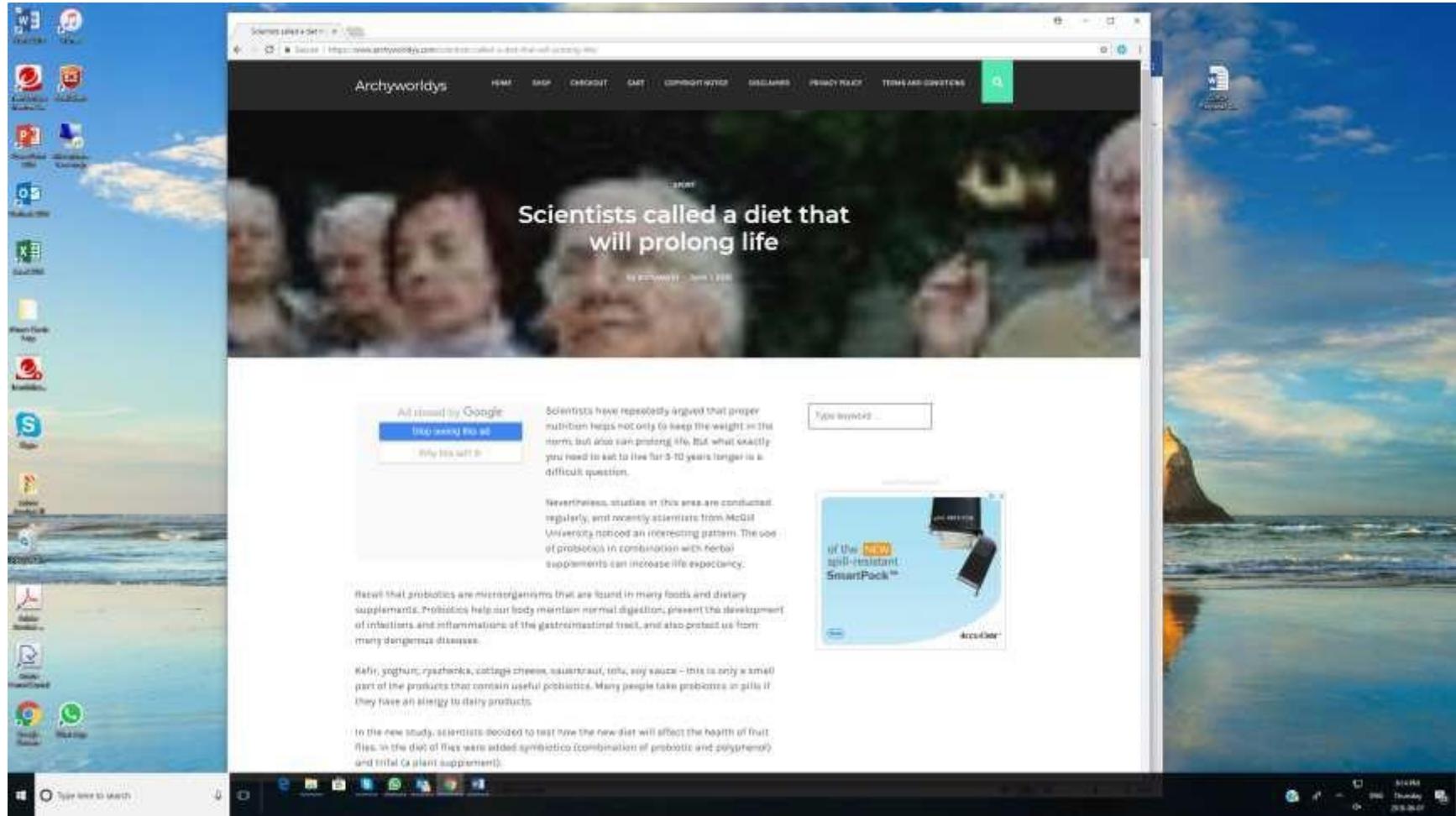
<https://www.news-medical.net/news/20180601/Combination-of-probiotics-and-herbal-supplement-may-prolong-lifespan-research-shows.aspx>



<https://www.nextbigfuture.com/2018/06/triphala-herbal-supplement-and-probiotics-boost-fruit-fly-lifespan-by-60.html>



https://www.business-standard.com/article/news-ani/secret-to-fruit-flies-longevity-may-lie-in-gut-118060200187_1.html



<https://www.archyworlds.com/scientists-called-a-diet-that-will-prolong-life/>

The screenshot shows a Windows desktop environment. The desktop background features a scenic view of a beach with blue water and a clear sky. On the left side, there's a vertical column of icons for various applications like Mail, Photos, and File Explorer. In the center, a web browser window is open to the website <http://medicadailytimes.com/health-news/new-research-suggests-specific-blend-probiotics-increase-longevity/3984/>. The browser has several tabs open, including one for 'OneTravel'. The main content of the page is an article titled 'New Research Suggests Specific Blend Of Probiotics Could Increase Longevity' by PJ Hetherington, dated June 10, 2014. The article discusses research from McGill University where flies were fed a blend of probiotics and Triphala, showing increased life expectancy. The sidebar on the right is from OneTravel, displaying flight booking options to Delhi, Mumbai, and Bangalore.

New Research Suggests Specific Blend Of Probiotics Could Increase Longevity

PJ Hetherington - June 10, 2014 - [View comments](#)

According to a new [McGill study](#) warning the loss of fruit flies, a daily dose of probiotics could have a positive impact on aging and longevity.

Researchers at [McGill University](#) first created a supplement that blended probiotics with an Indian herb known as Triphala. They then fed this mixture to half of the fruit flies in their study every day.

Amazingly, the flies that were fed the probiotics lived an average of 30 days. The group of flies who weren't given the probiotics lived for about 26 days.

Not only did the flies in the probiotics group live longer, they also had a reduced risk for various age-related conditions. Investigators found that these flies had fewer signs of inflammation and insulin resistance compared with the control fruit flies.

Scientists often look to flies in human aging research because they have a chromosomal structure that closely resembles the human body. While it's not certain what would happen to humans fed this probiotic blend, it's likely we would derive many of the same health benefits.

This study is not another in the growing body of [evidence that gut bacteria make the gut microbiome](#) have [a significant connection to well-being](#). Health experts point out that the microbes living in our gut have a direct influence on the quality of our mental health as well as our susceptibility to numerous illnesses.

For those who don't know, Triphala is an herb used in traditional Indian healing that blends together three fruits: haritaki, bibhitaki, and amalaki. Indian healers have often used Triphala to combat cancer, improve weight loss, and help with asthma. Due to its high polyphenol content, researchers thought it would be a good addition to their probiotic supplement.

Susan Ristow, who formerly studied at McGill and now works at New York's Icahn School of Medicine, was the lead author of this study. Two other key researchers on this project include Drs. Anjita Limaye and Sayya Patel.

All three of these authors are now working on a US-based company that might soon manufacture and sell this blend of probiotics. Researchers hopeful these products will help not only increase a person's longevity, but also reduce symptoms of irritable bowel syndrome, depression, and cancer.

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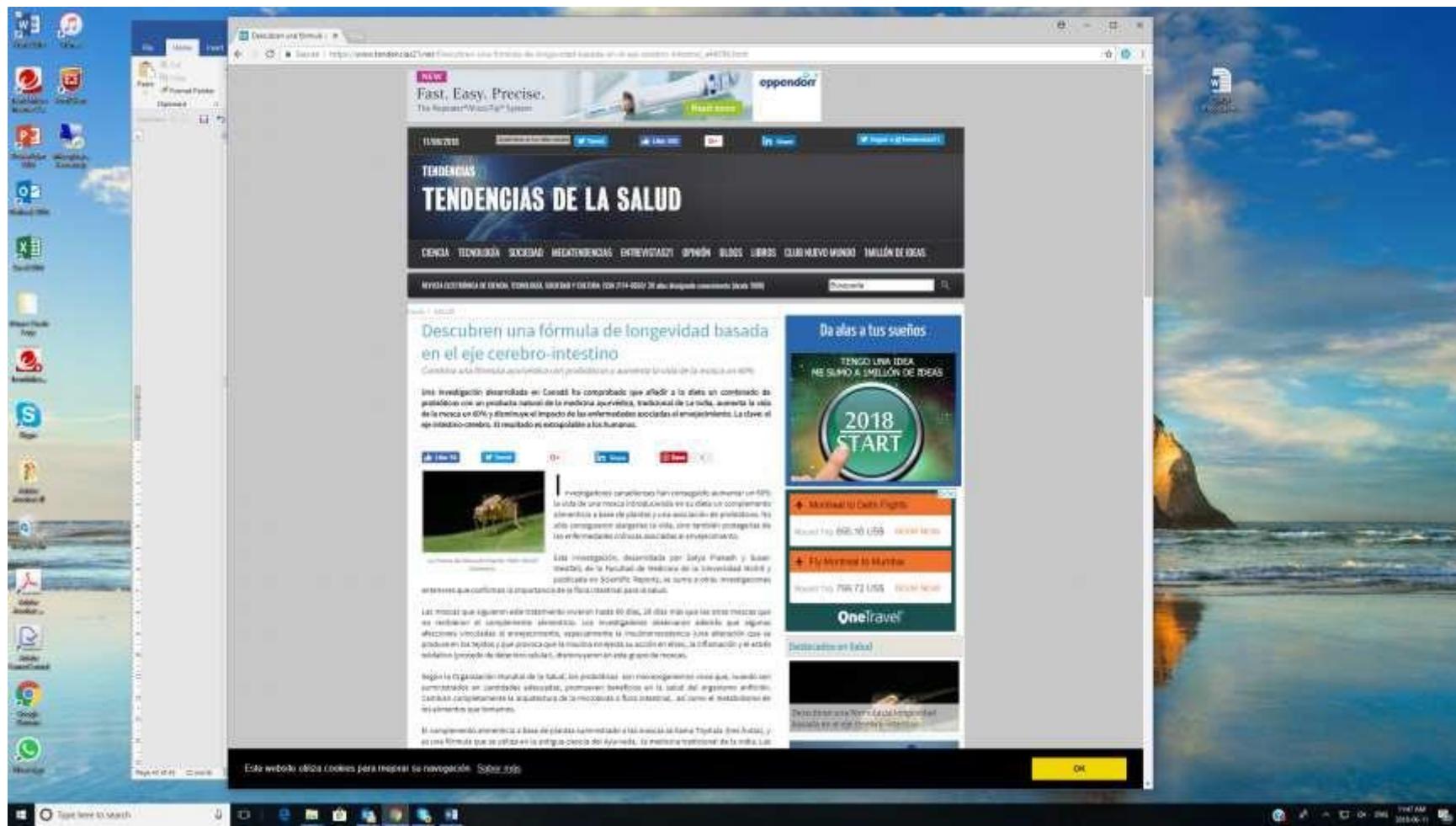
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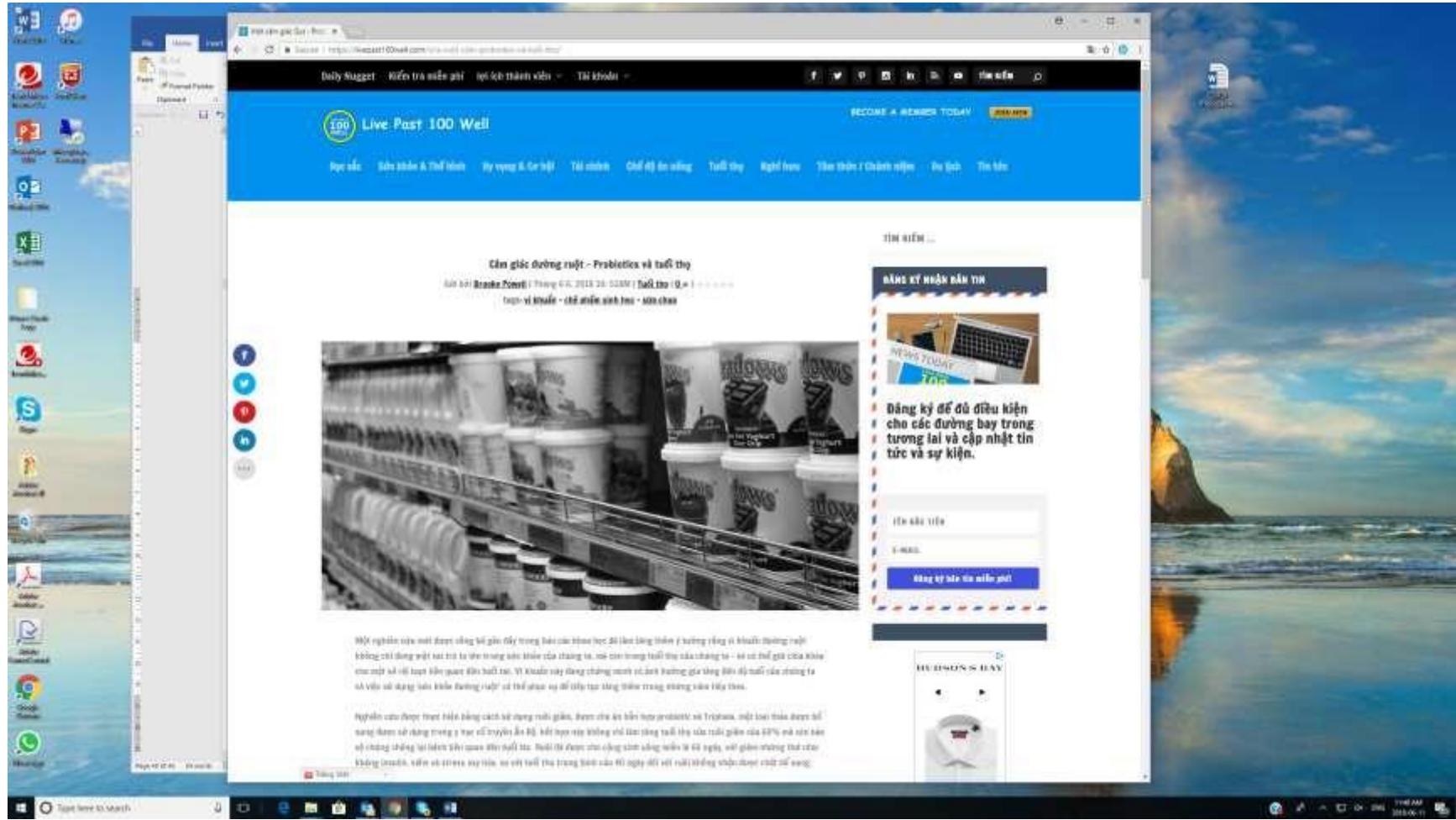
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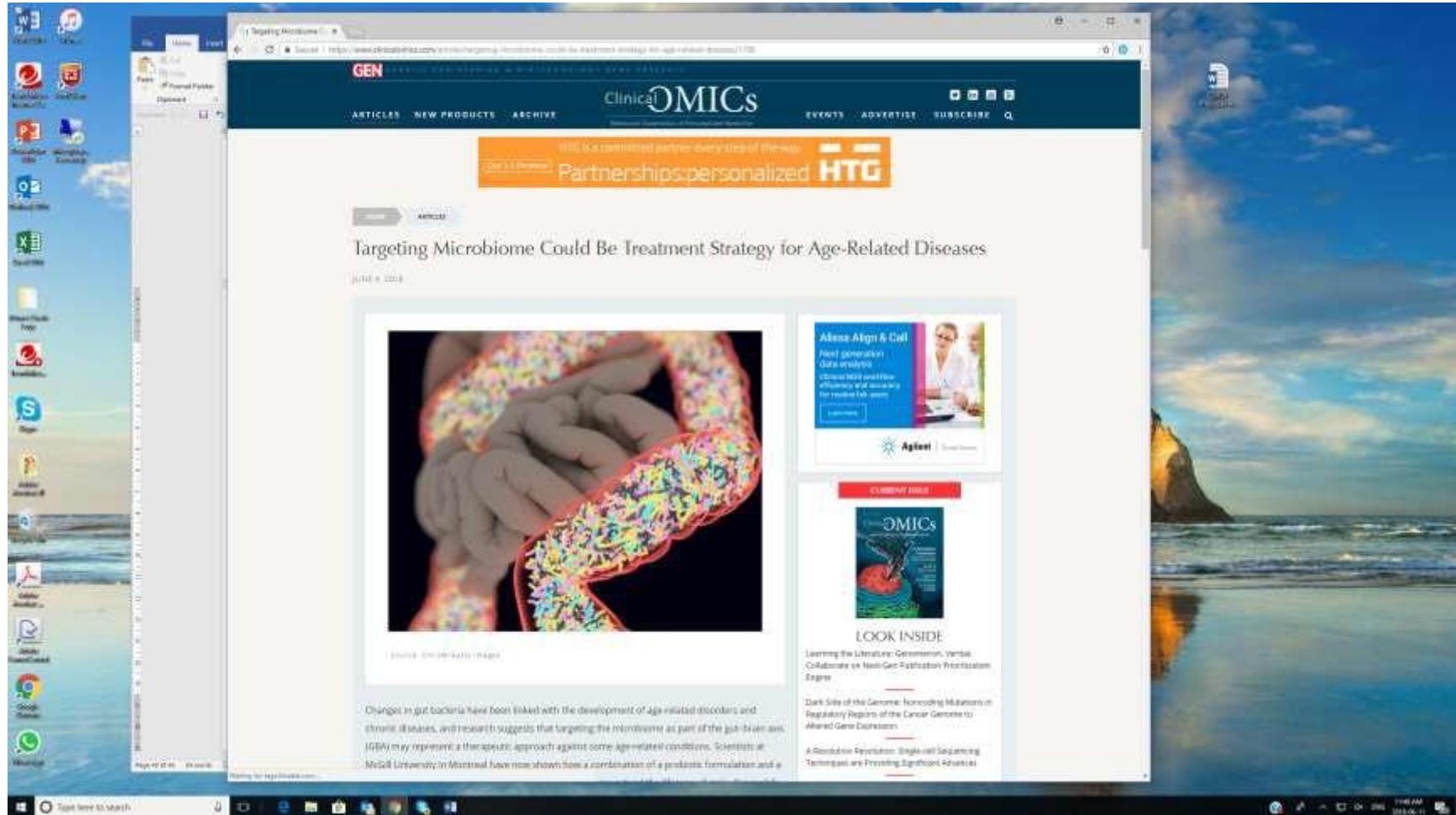
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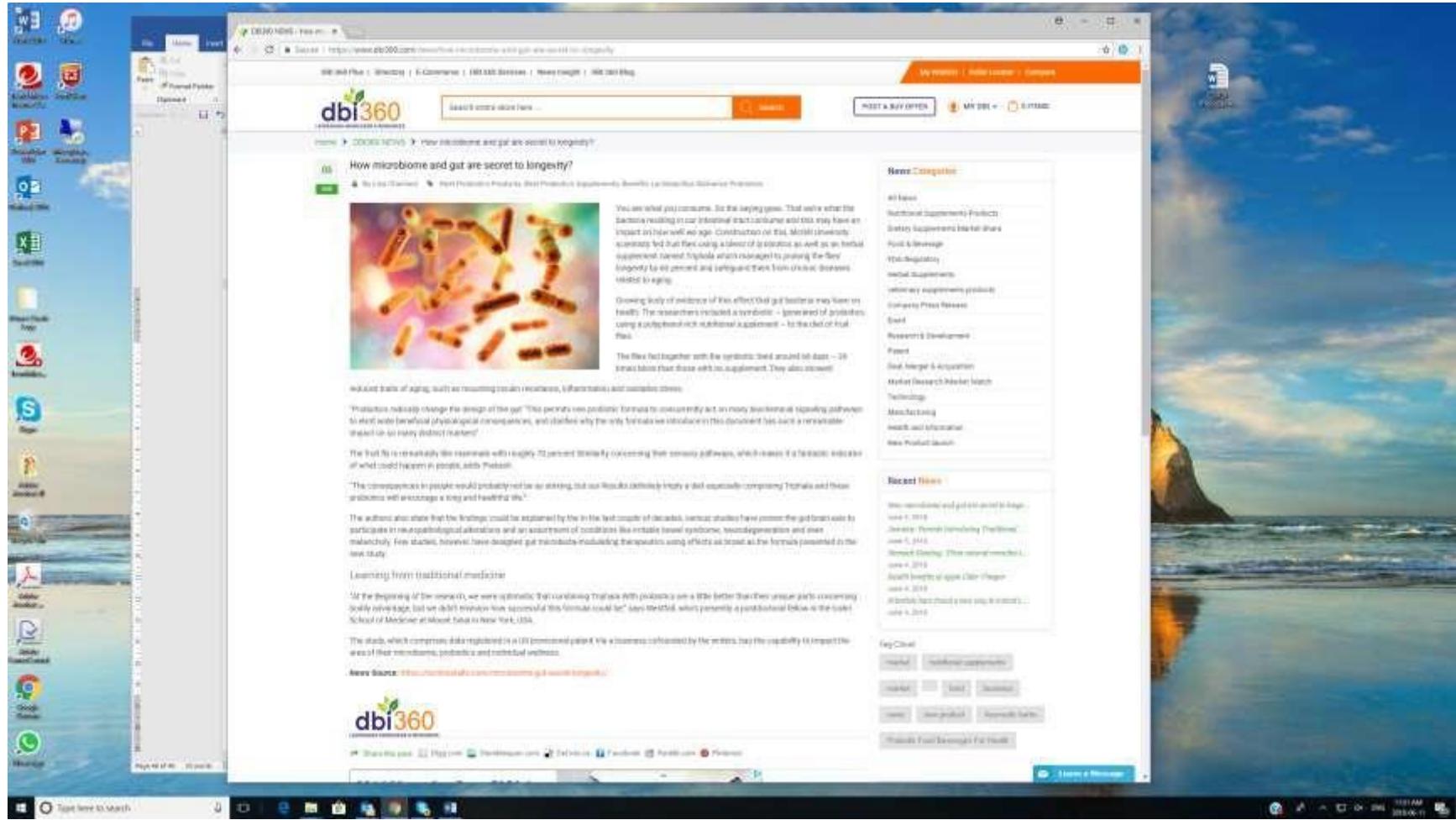
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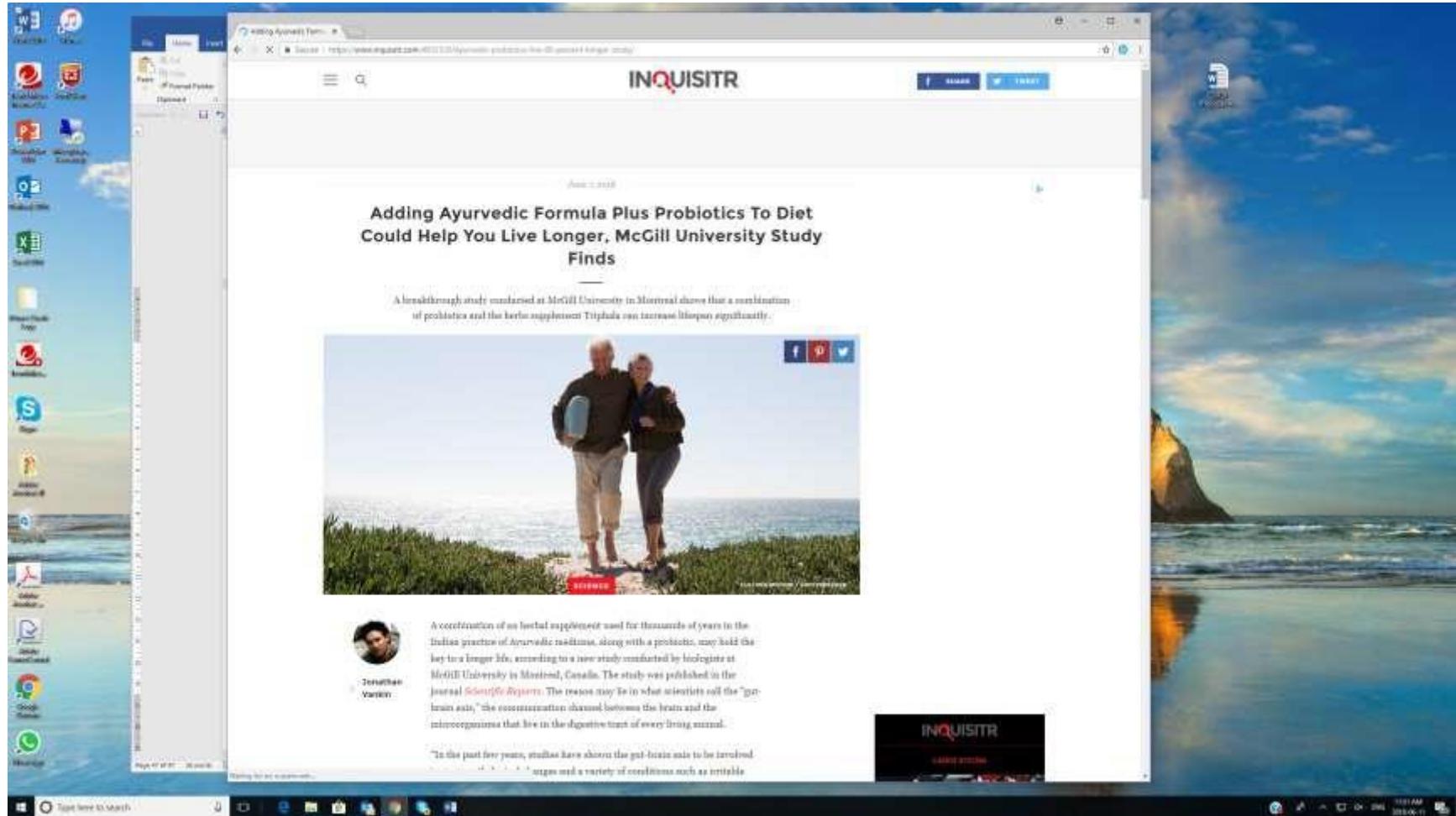
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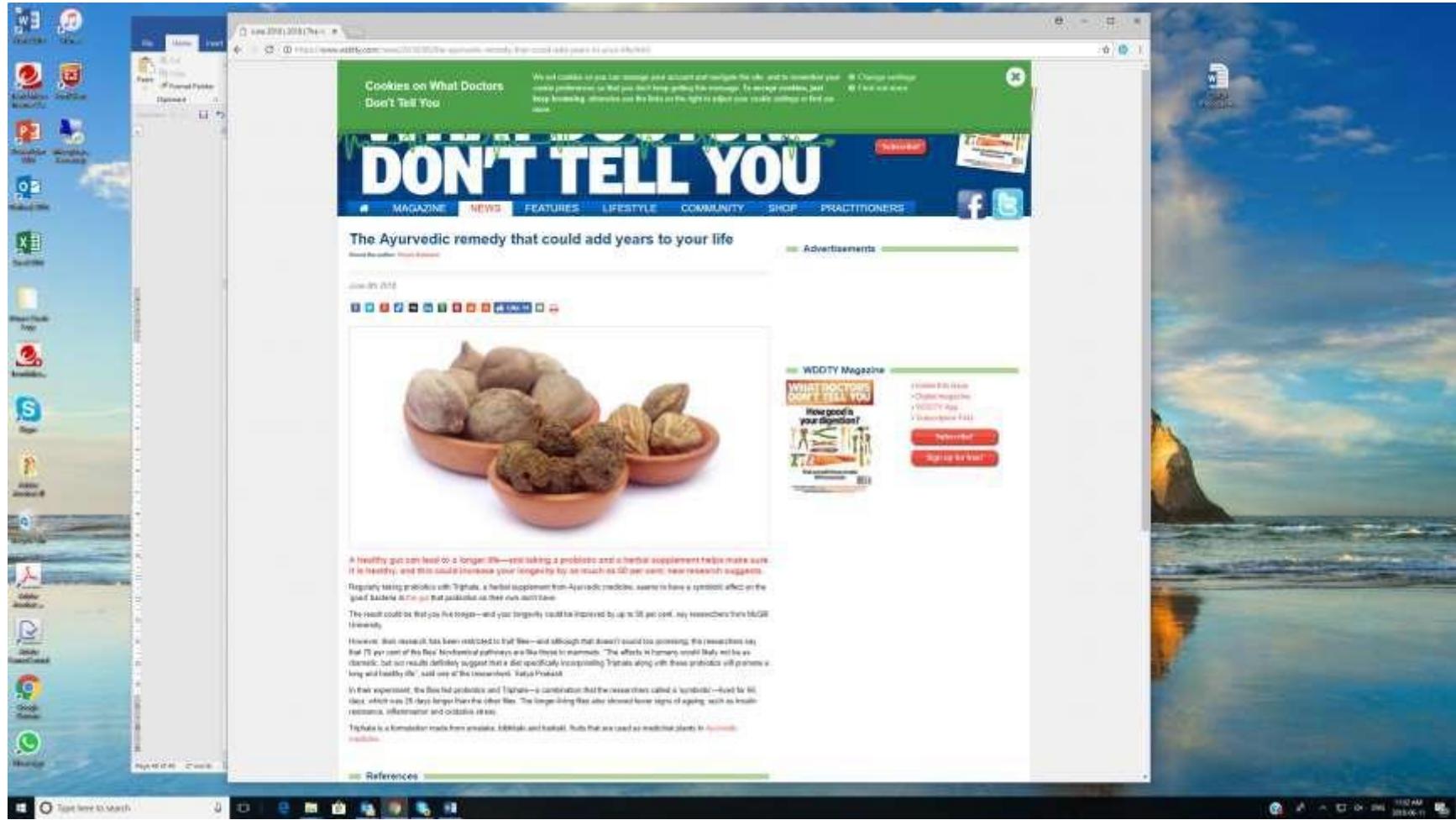
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<https://www.dbi360.com/news/how-microbiome-and-gut-are-secret-to-longevity>



<https://www.inquisitr.com/4932520/ayurvedic-probiotics-live-60-percent-longer-study/>



<https://www.wddty.com/news/2018/06/the-ayurvedic-remedy-that-could-add-years-to-your-life.html>

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FRUIT FLY STUDY SHOWS HOW TO EXTEND YOUR QUALITY OF LIFE!

FOLLOWED BY WHAT FIGTREELIVE.COM THINKS

On Thursday's show, Dr. Helen asked us to look up this article about extending the fruit fly's life from 24 to 36 days, and this is what we found:

Experiments in fruit flies show increased lifespan thanks to a combination of probiotics and an herbal supplement.

Date: May 31, 2018

Source: McGill University

Summary: Scientists fed fruit flies with a combination of probiotics and an herbal supplement called Triphala that was able to prolong the flies' longevity by 60 percent and protect them against chronic diseases associated with aging.

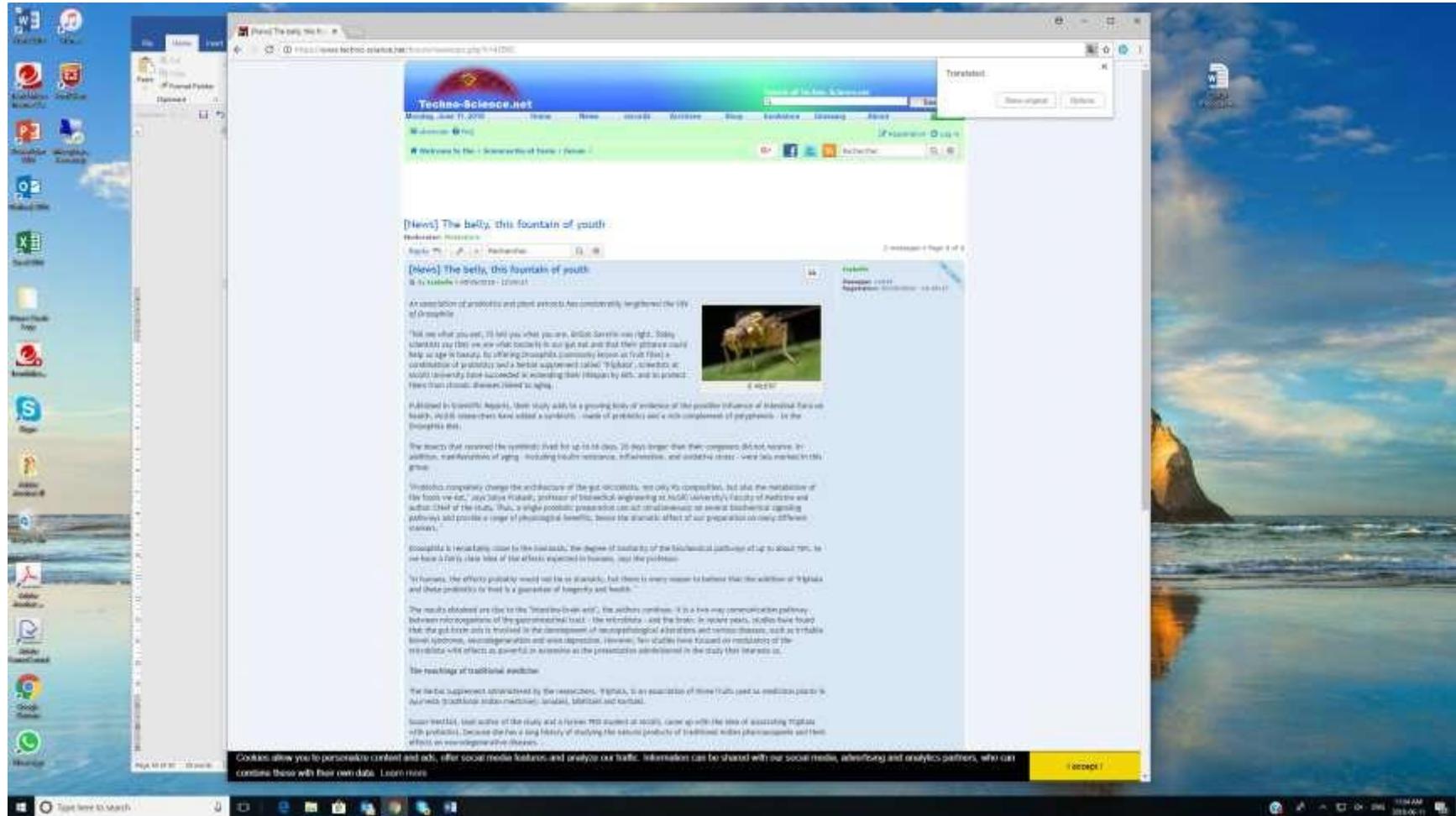
You are what you eat. Or so the saying goes. Science now tells us that we are what the bacteria living in our intestinal tract eat and this could have an influence on how well we age. Building on this, McGill University scientists fed fruit flies with a combination of probiotics and an herbal supplement called Triphala that was able to prolong the flies' longevity by 60% and protect them against chronic diseases associated with aging.

The study, published in *Scientific Reports*, adds to a growing body of evidence of the influence that gut bacteria can have on health. The researchers incorporated a symbiotic — made of probiotics with a polyphenol-rich supplement — into the diet of fruit flies.

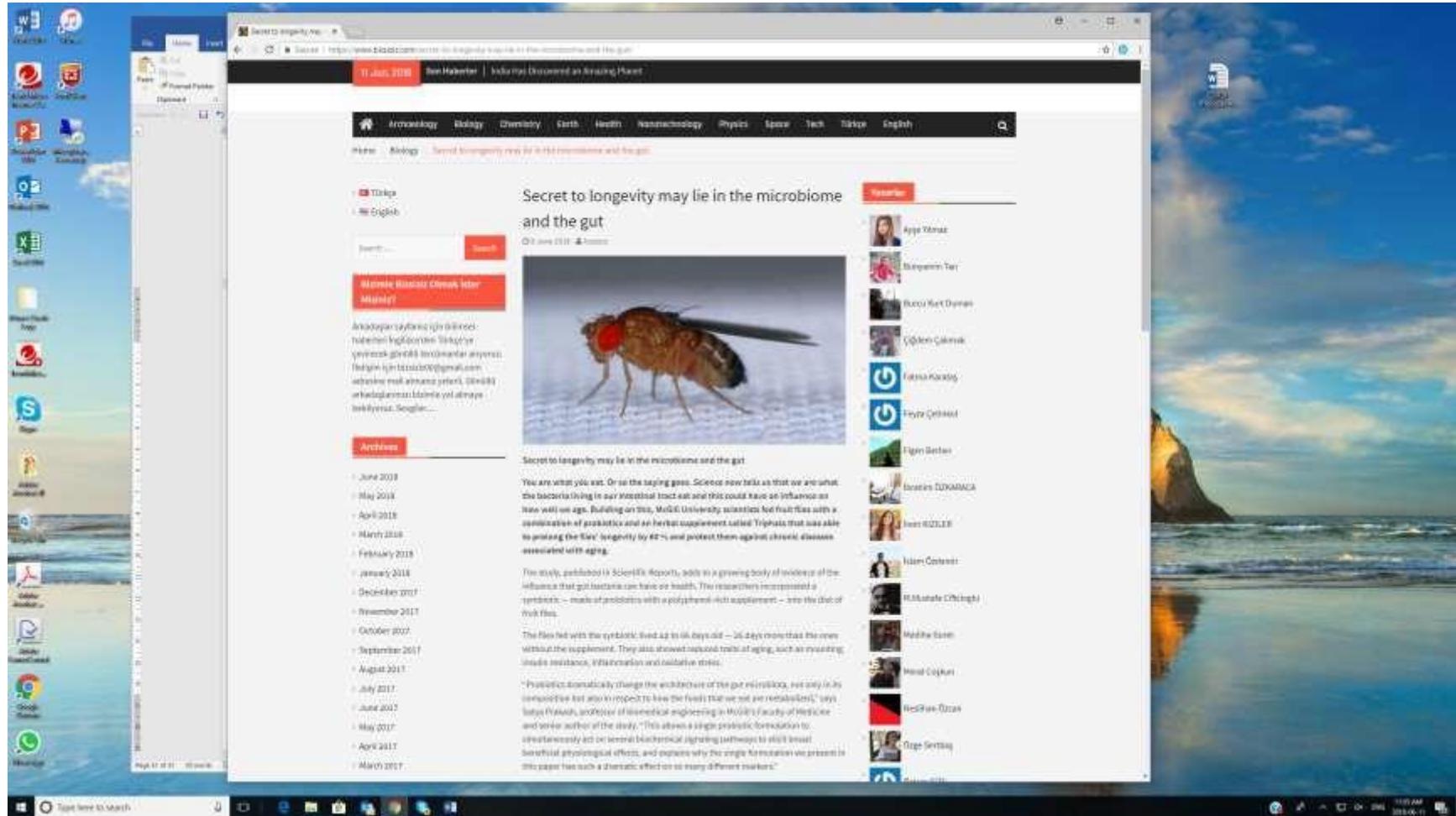
The flies fed with the symbiotic lived up to 66 days old — 25 days more than the ones without the supplement. They also showed reduced traits of aging, such as increasing insulin resistance, inflammation and oxidative stress.

"Probiotics dramatically change the architecture of the gut microbiota, not only in its composition but also in respect to how the food that we eat are

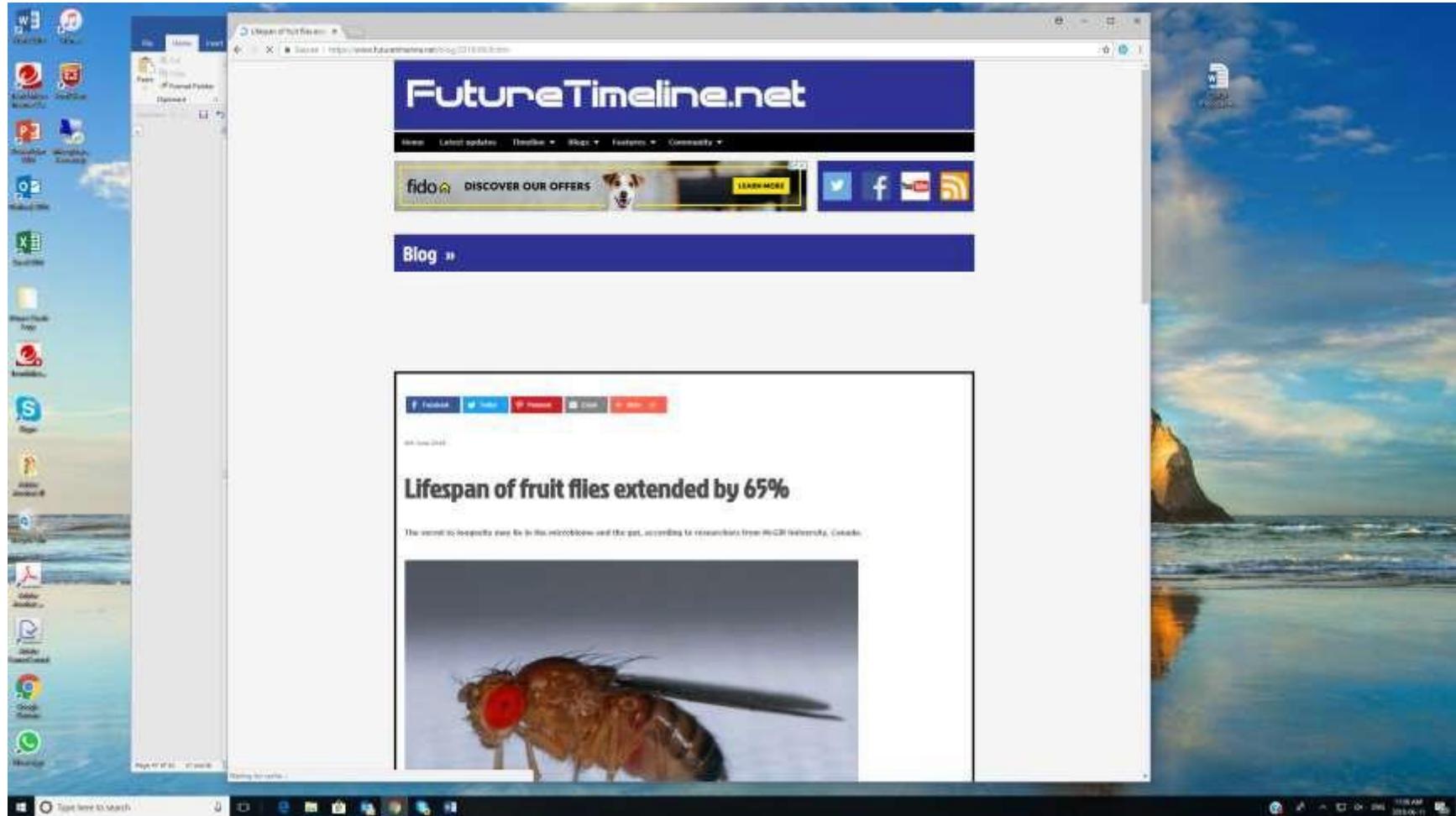
<https://figtreelive.com/fruit-fly-study-shows-how-to-extend-your-quality-of-life/>



<https://www.techno-science.net/forum/viewtopic.php?t=42905>



<https://www.bizsiz.com/secret-to-longevity-may-lie-in-the-microbiome-and-the-gut/>



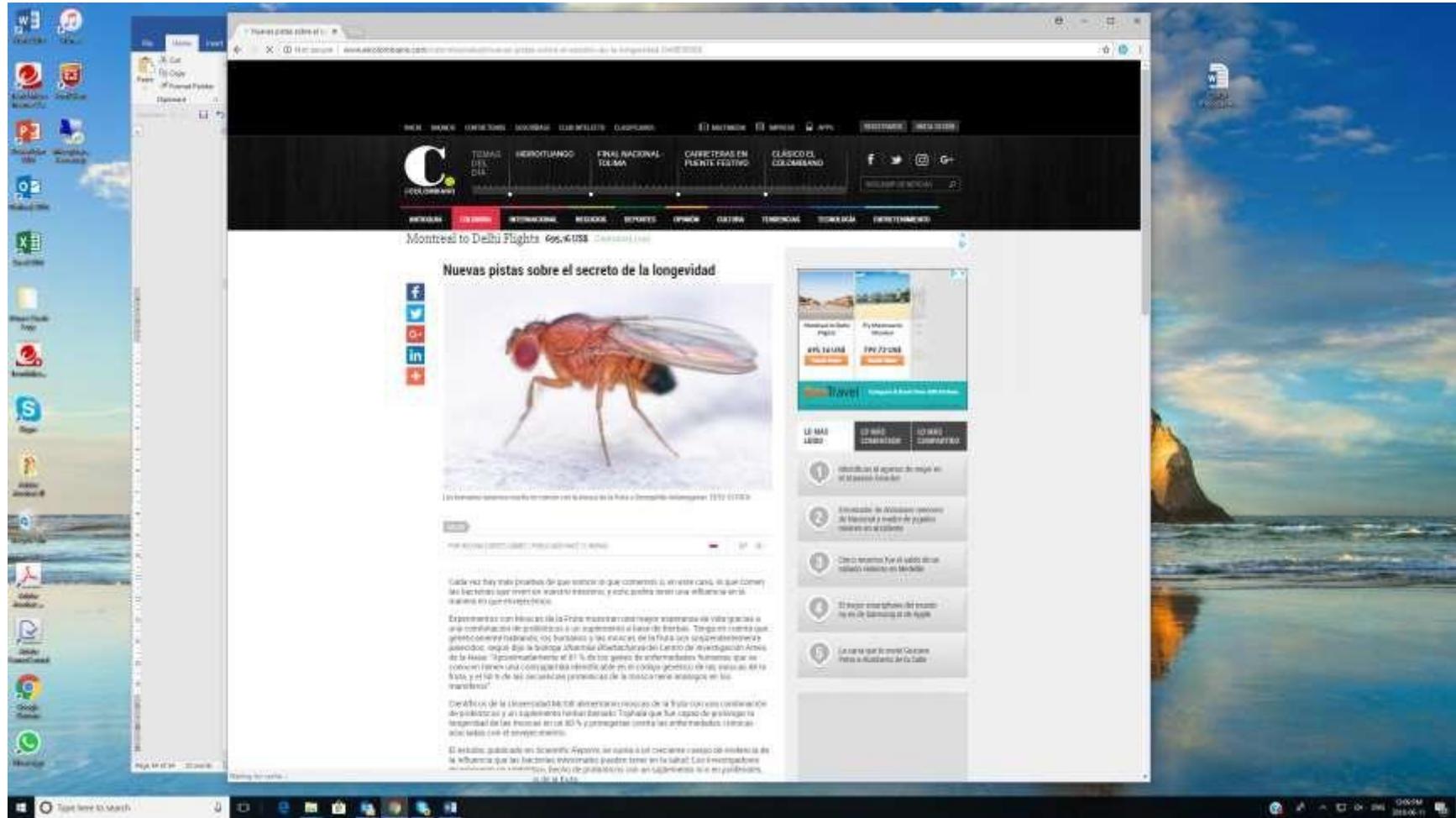
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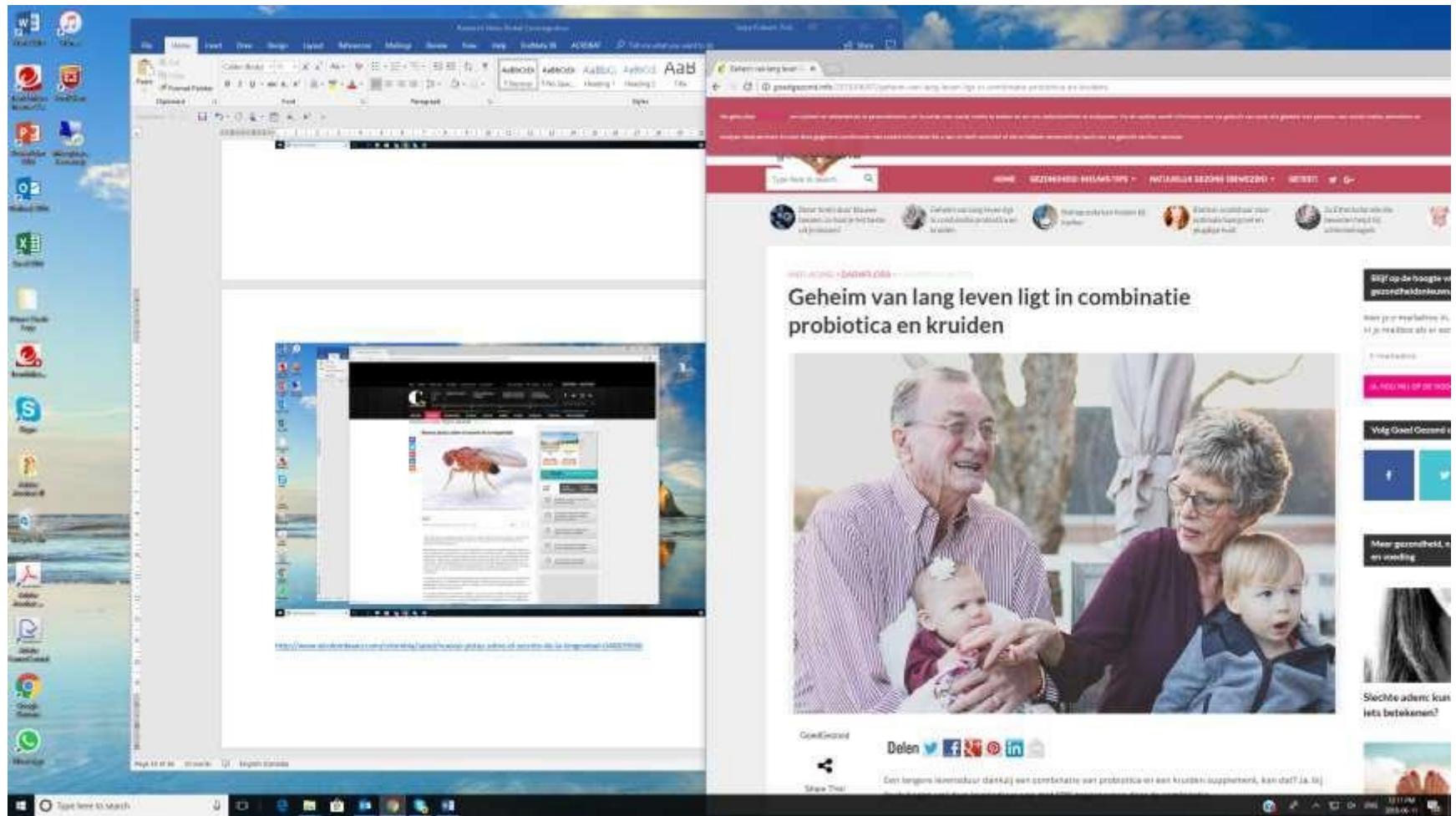
Bacteria and longevity: the unlikely anti-aging combination

Bacteria in the intestinal microbiota influence aging and longevity

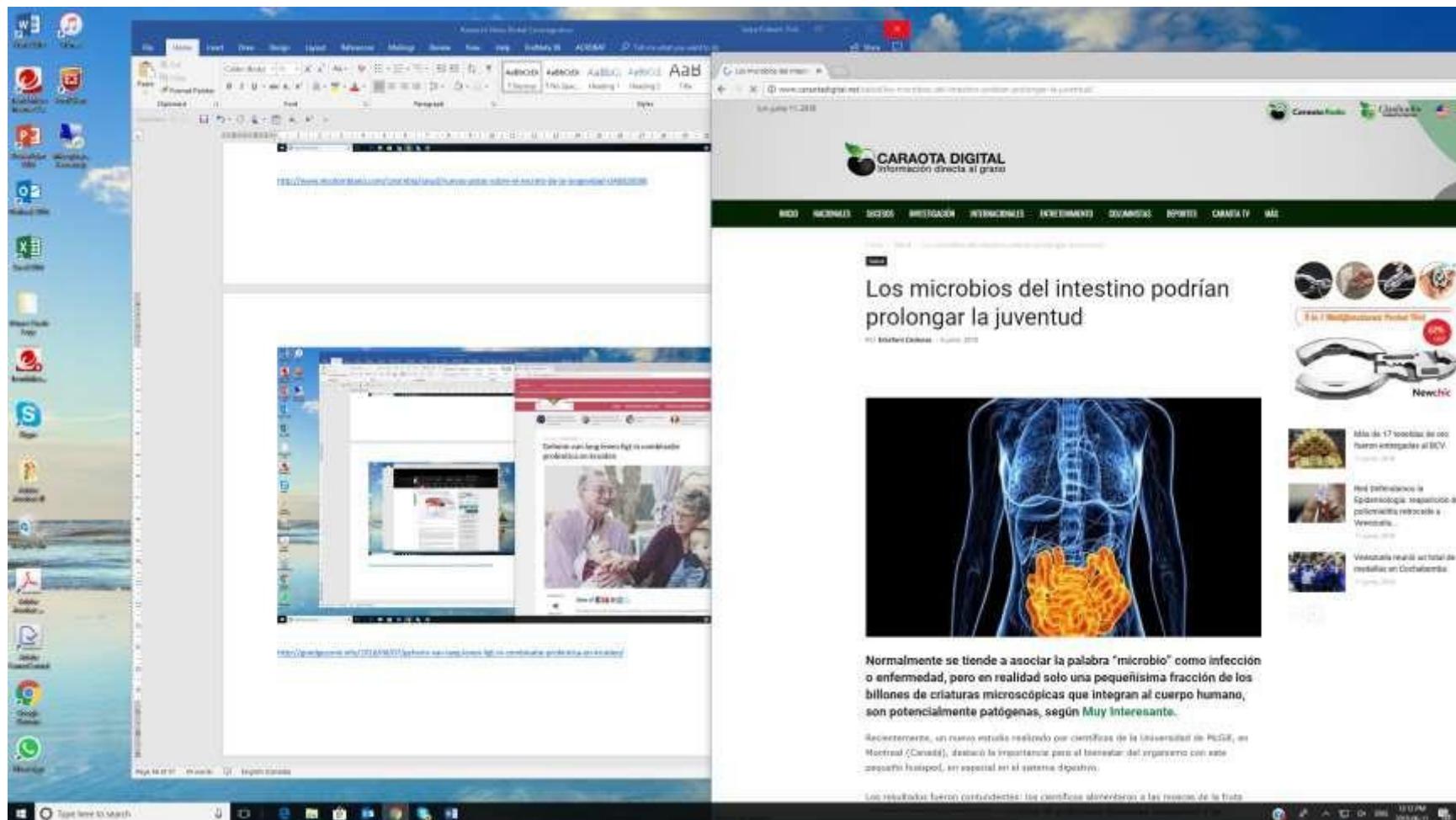




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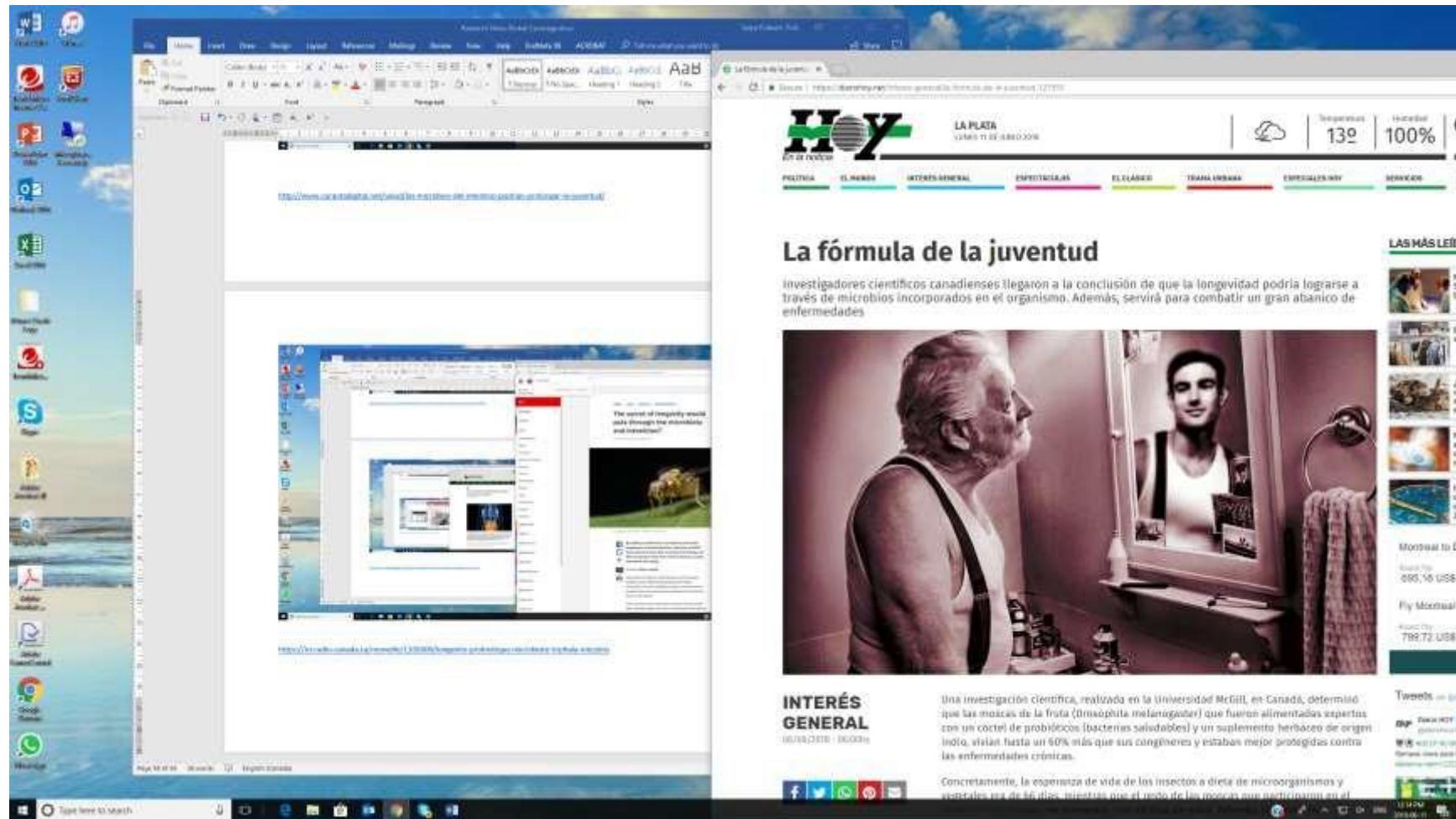
<http://goedgezond.info/2018/06/07/geheim-van-lang-leven-ligt-in-combinatie-probiotica-en-kruiden/>



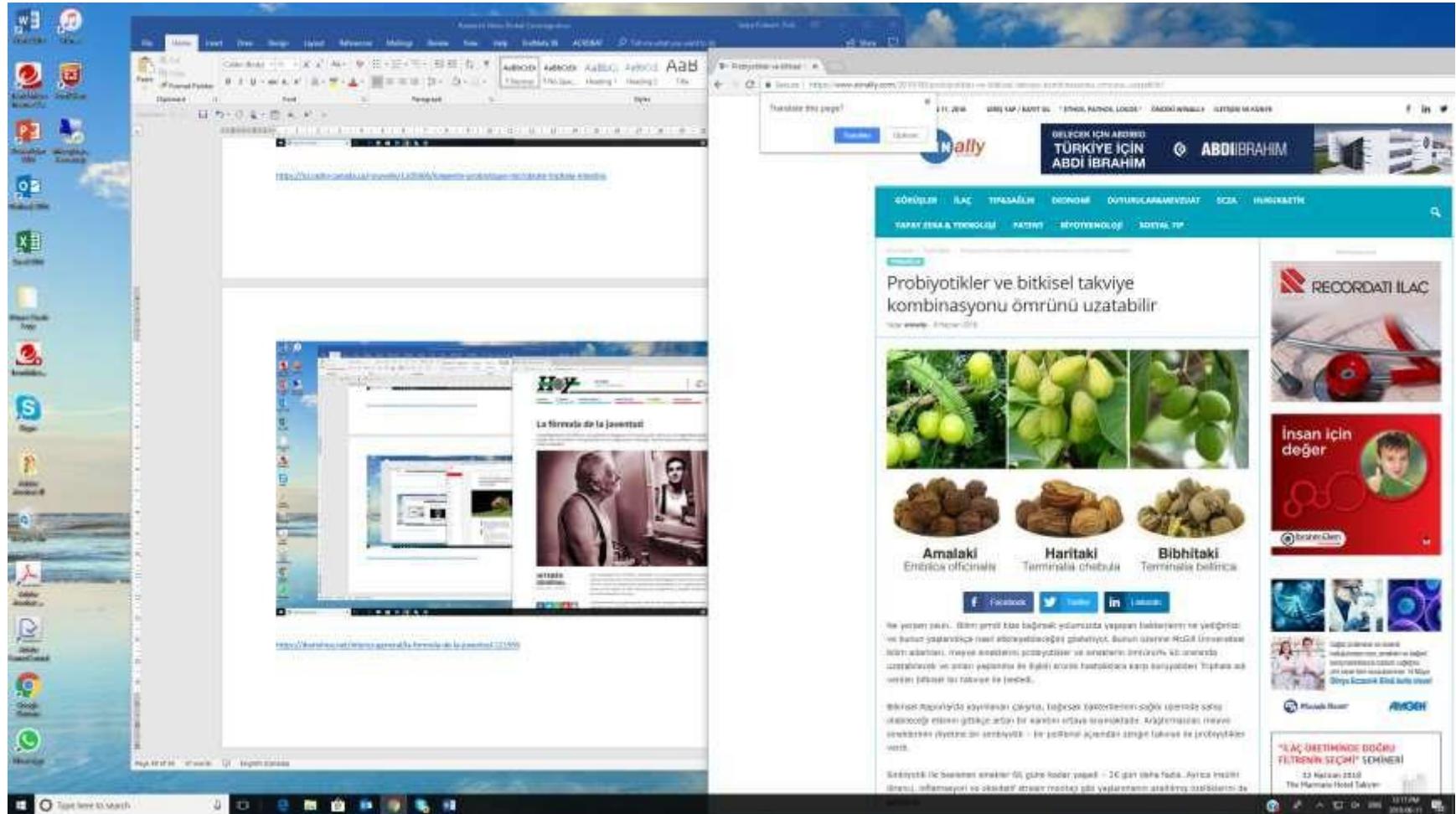
<http://www.caraotadigital.net/salud/los-microbios-del-intestino-podrian-prolongar-la-juventud/>

The screenshot shows a Windows desktop environment. On the left, there's a vertical taskbar with various icons. In the center, a Microsoft Word document is open. To the right of the Word window, a web browser displays an article from [ici.radio-canada.ca](https://ici.radio-canada.ca/nouvelle/1105606/longevite-probiotique-microbiote-triphala-intestins). The article title is "The secret of longevity would pass through the microbiota and intestines?". It features a photograph of a fruit fly. Below the main content, there's a sidebar with social media sharing options and a "SCIENCE CLOUD" section. A small video player window is visible at the bottom left of the screen.

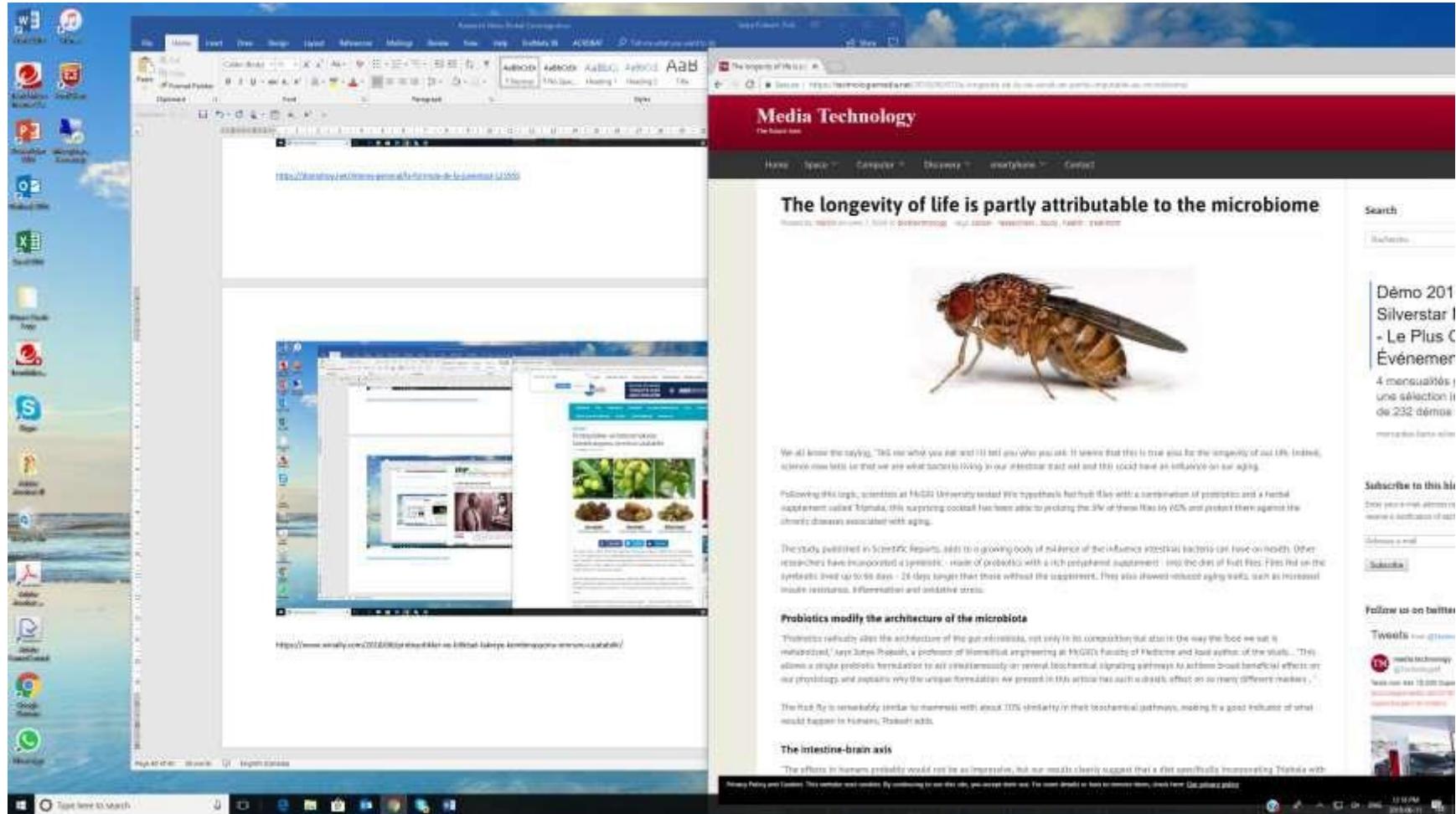
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<https://www.winally.com/2018/06/probiyotikler-ve-bitkisel-takviye-kombinasyonu-omrunu-uzatabilir/>



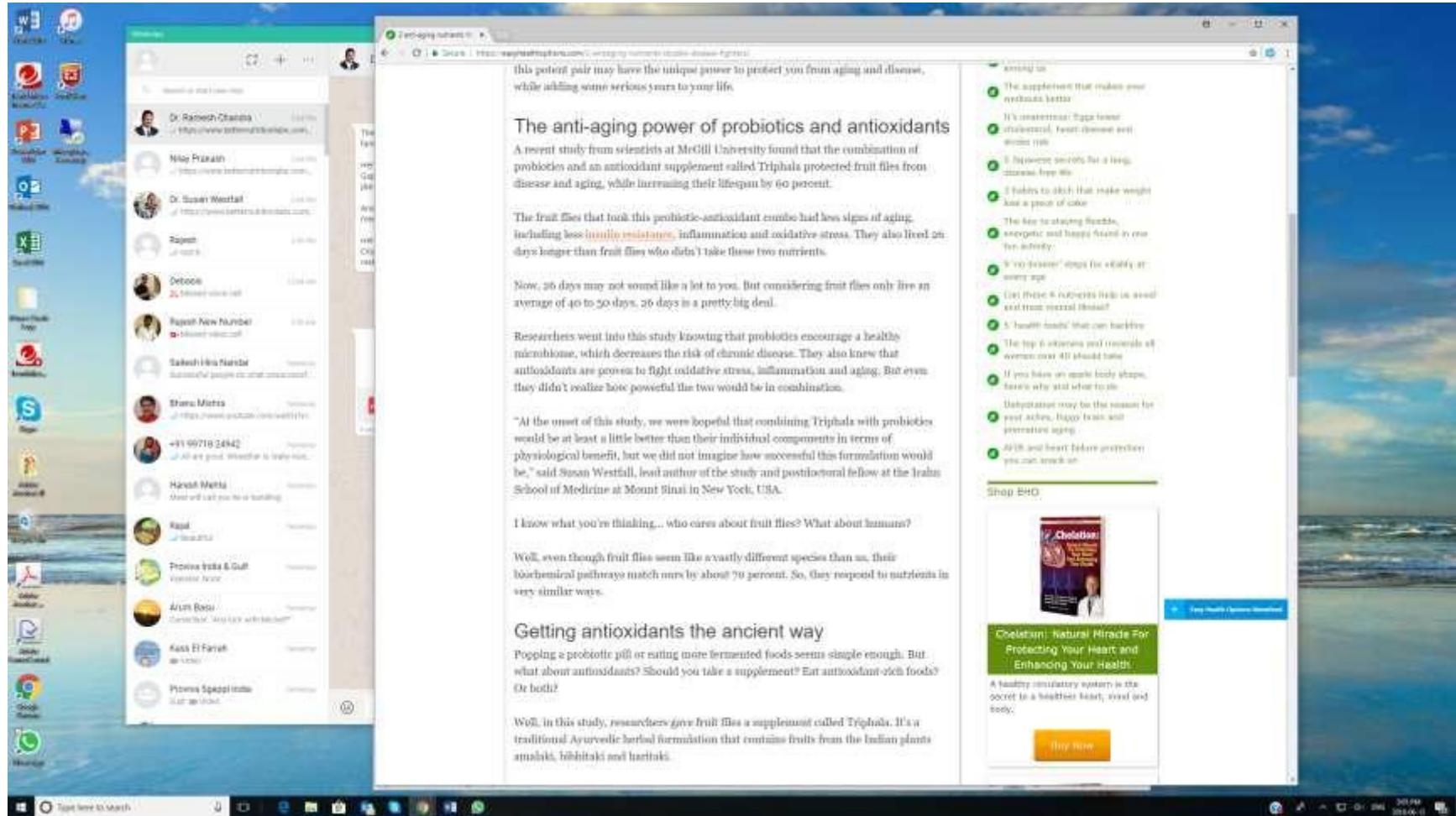
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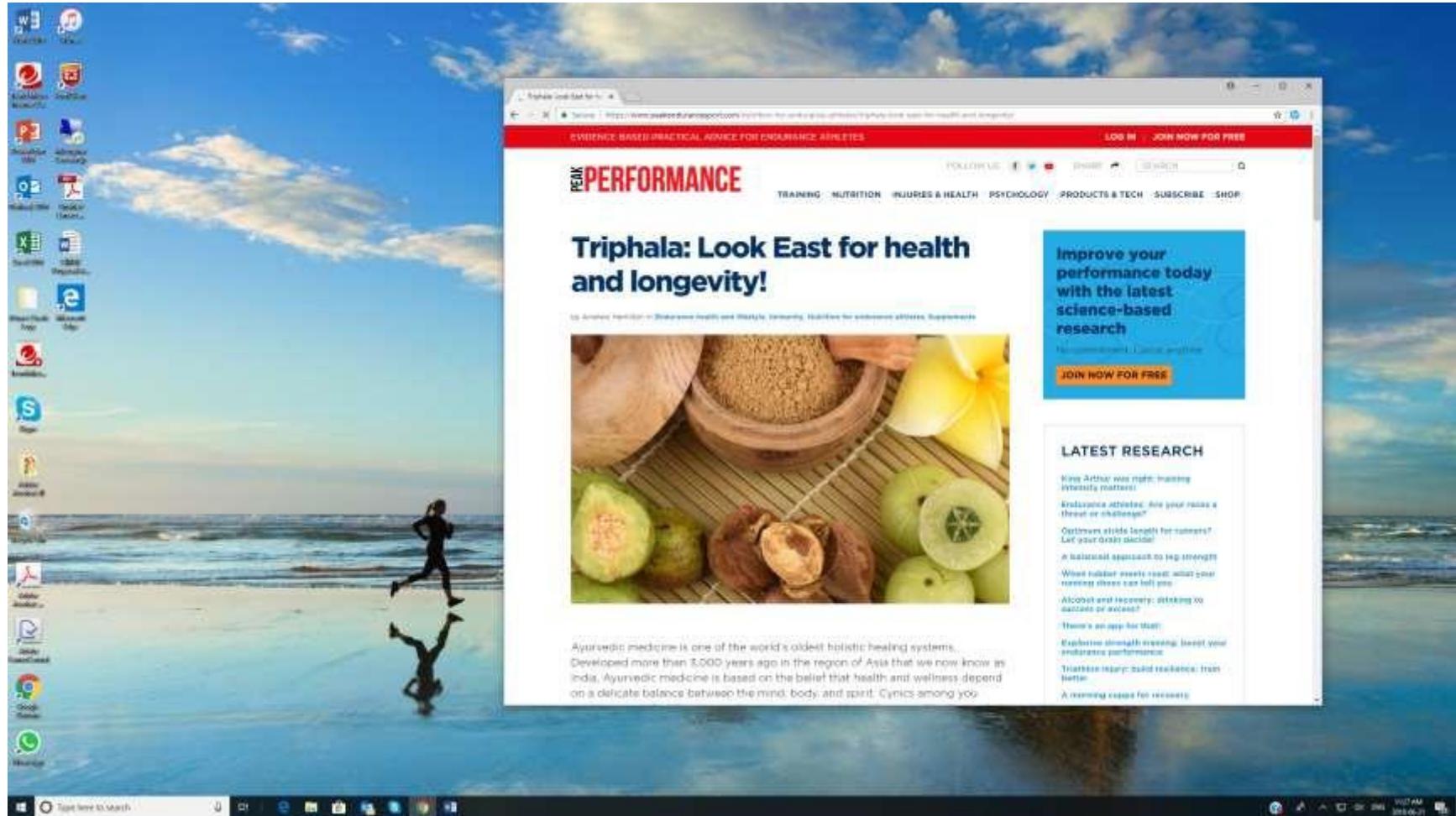
<https://hsionline.com/2018/06/11/has-the-secret-key-to-longevity-been-found/>

The screenshot shows a Windows desktop with a beach and ocean background. A browser window is open to the URL <https://www.betternutritionlabs.com/can-probiotics-make-you-live-longer/>. The page title is "Can probiotics make you live longer?". The main content features a video thumbnail with the same title, showing a man in a hat and shirtless holding a book. Below the video, text from a study at McGill University states: "Scientists at McGill University have been experimenting with rats to increase their lifespan when given a treatment made of probiotics and a herbal supplement." To the right, there is a section titled "Accept No Compromise" with several green circular icons: GMP, Certified Organic, 30 DAY Money Back Guarantee, 100% Natural, and GNC. Another section titled "Purchase With Confidence" includes logos for PayPal and PaySafeCard, and a statement: "All Better Nutrition Labs products are safe and effective. We are a trusted and well-respected company, which provides a unique 100% money back guarantee to our customers." At the bottom, there is a "100% Safe & Secure" section with logos for PayPal, Visa, MasterCard, American Express, Discover, and Diners Club.

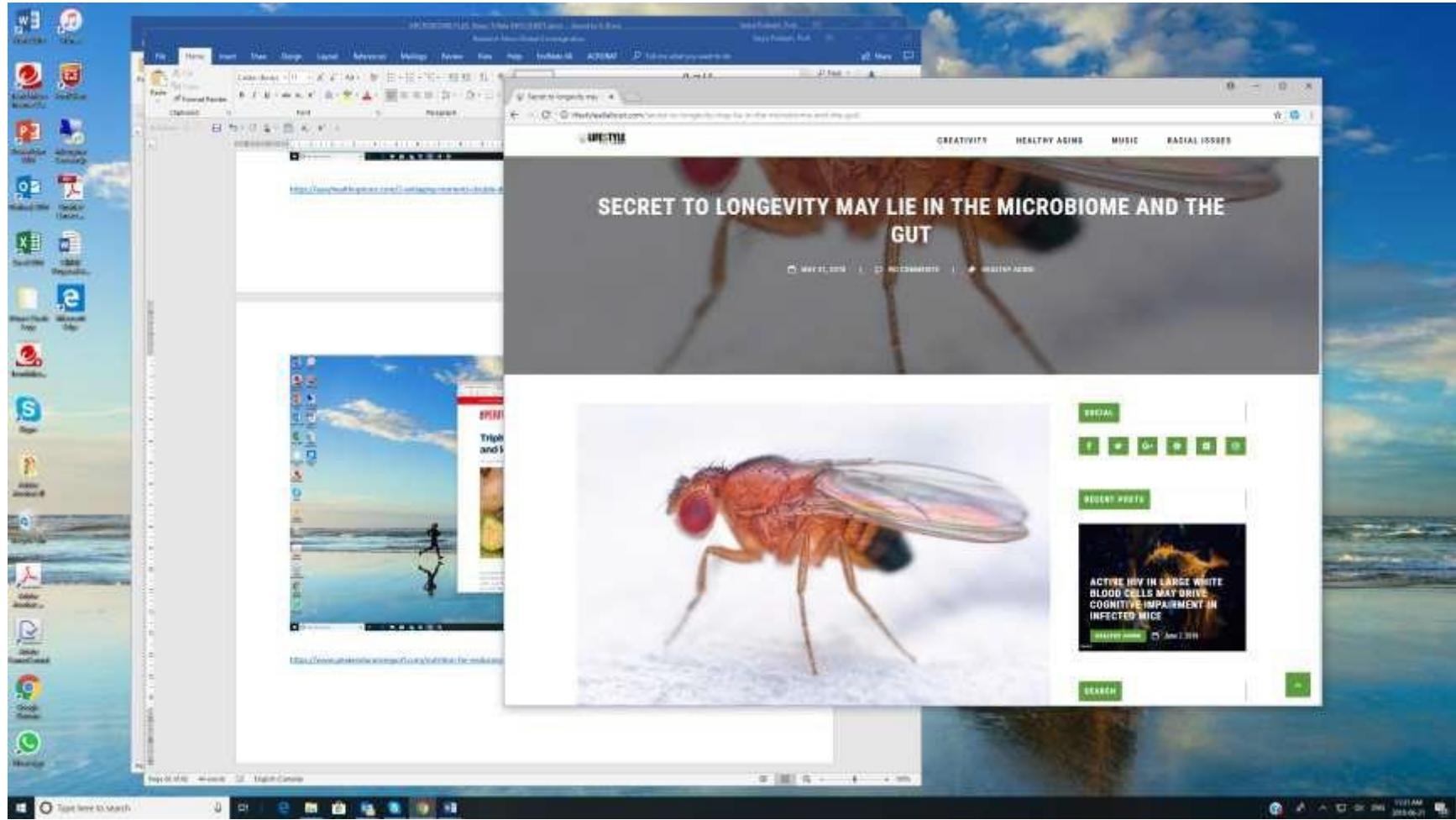
<https://www.betternutritionlabs.com/can-probiotics-make-you-live-longer/>



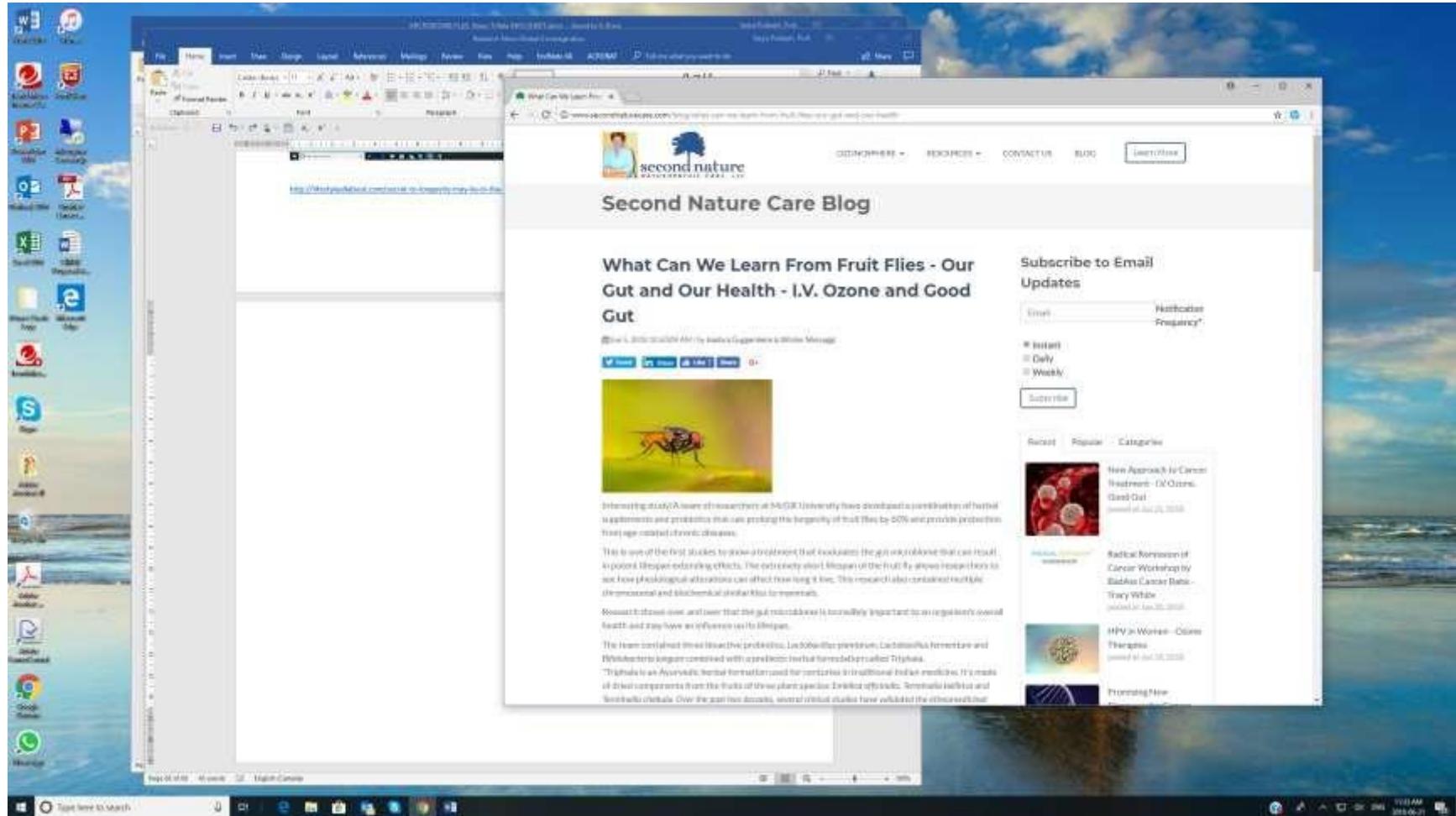
<https://easyhealthoptions.com/2-antiaging-nutrients-double-disease-fighters/>



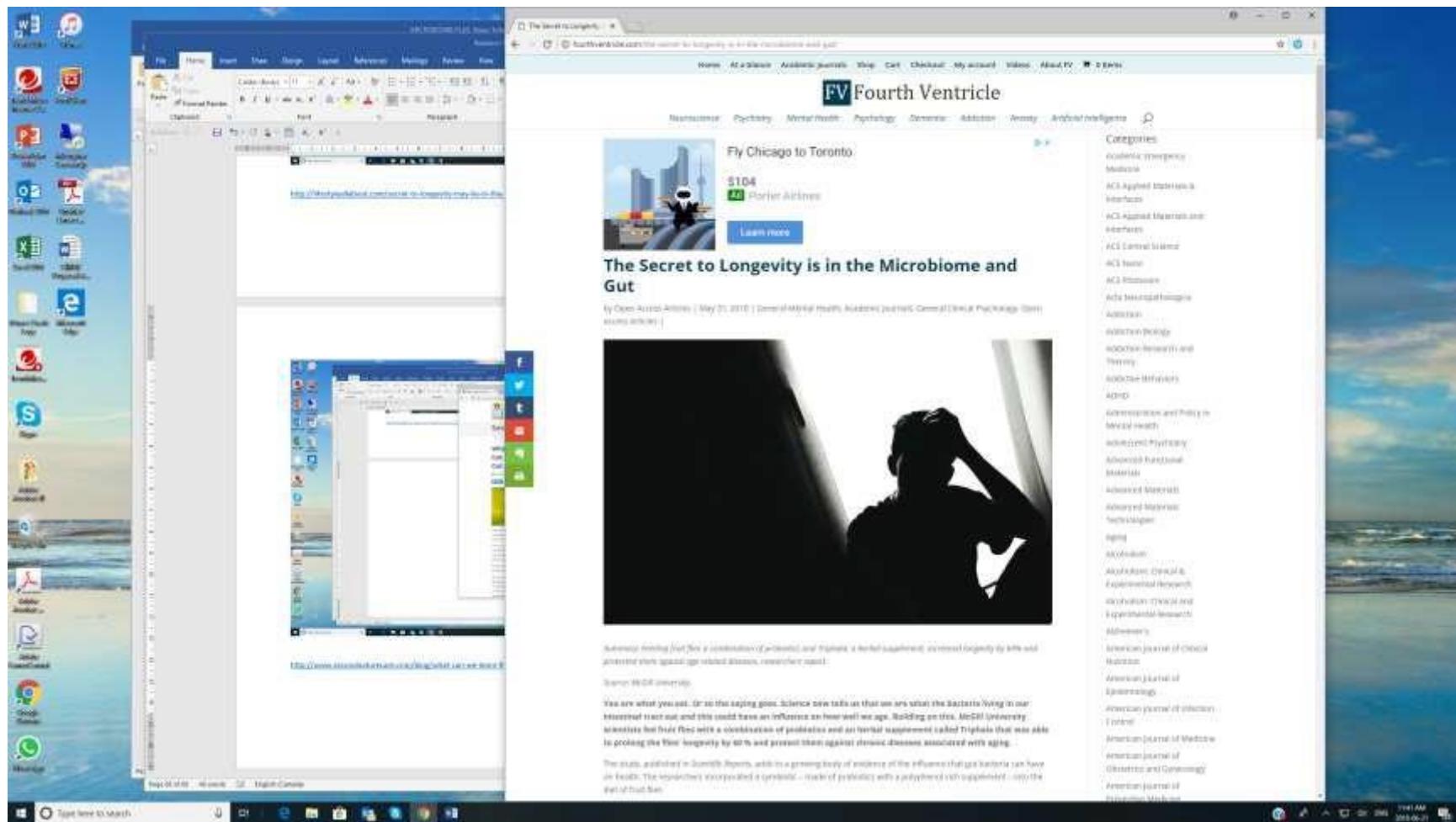
<https://www.peakendurancesport.com/nutrition-for-endurance-athletes/triphala-look-east-for-health-and-longevity/>



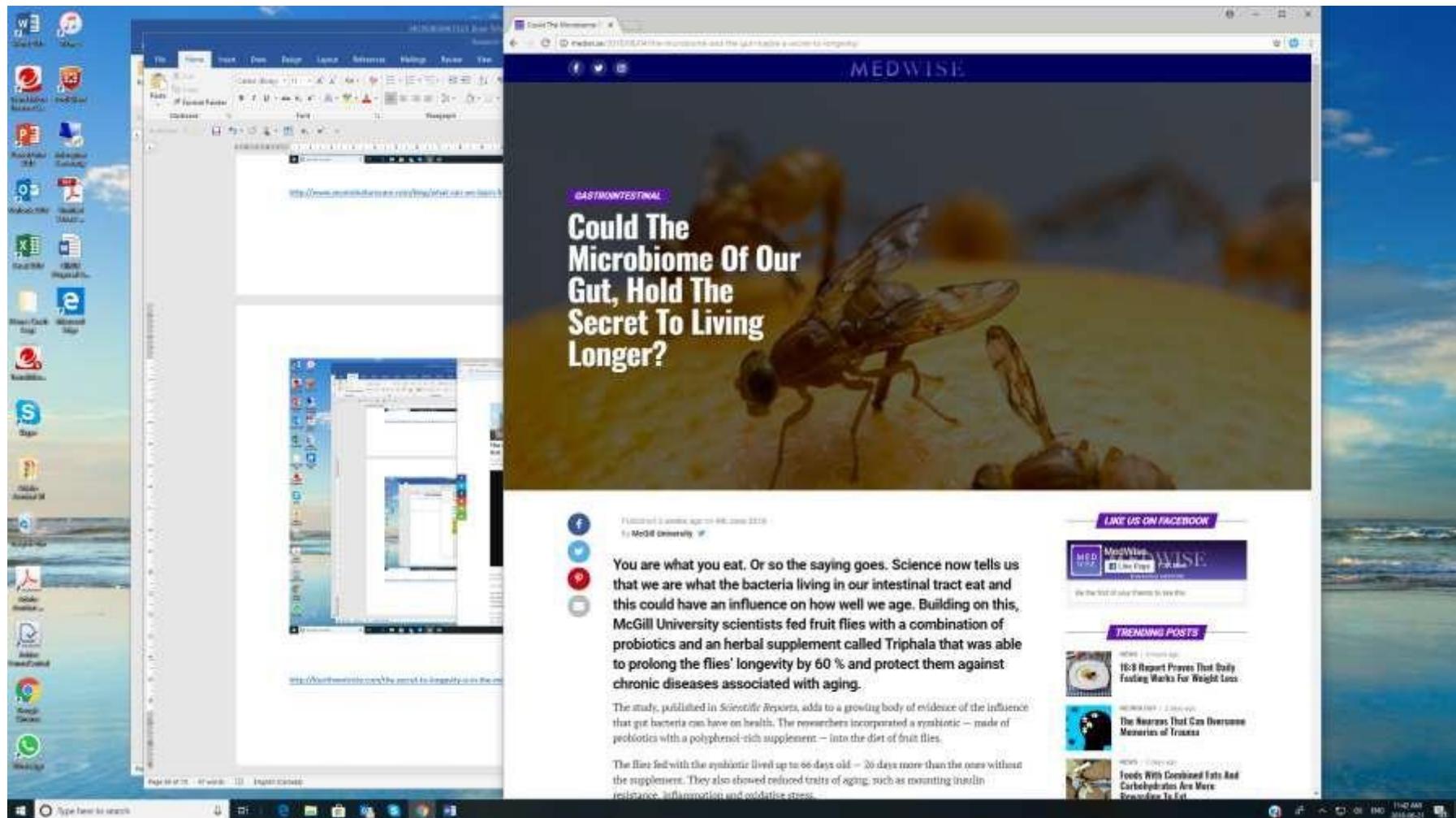
<http://lifestyleallabout.com/secret-to-longevity-may-lie-in-the-microbiome-and-the-gut/>



<http://www.secondnaturecare.com/blog/what-can-we-learn-from-fruit-flies-our-gut-and-our-health>



<http://fourthventricle.com/the-secret-to-longevity-is-in-the-microbiome-and-gut/>



<http://medwi.se/2018/06/04/the-microbiome-and-the-gut-maybe-a-secret-to-longevity/>

The secret to longevity is in the microbiome and the gut

Experiments in fruit flies show Trichilia (Brazilian rosewood) is a constituent of products used as herbal supplements.

McGILL UNIVERSITY

You are what you eat, or so the saying goes. Science now tells us that we are what the bacteria living in our intestinal tract eat and this could have an influence on how well we age. Starting in 2011, McGill University scientists fed fruit flies with a combination of probiotics and an herbal supplement called Trichilia that was able to prolong the flies' longevity by 40% and protect them against chronic diseases associated with aging.

The study published in *Scientific Reports*, adds to a growing body of evidence of the influence that gut bacteria can have on health. The researchers incorporated a symbiotic, made of probiotics with a phytochemical-rich supplement, into the diet of fruit flies.

The flies fed with the symbiotics lived up to 16 days old – 20% longer than the ones without the supplement. They also showed reductions of aging, such as mounting insulin resistance, inflammation and oxidative stress.

"Probiotics dramatically change the architecture of the gut microbiota, not only in its composition but also in respect to how the flora that we eat are metabolized," says Serge Pruzanski, professor of biomedical engineering in McGill's Faculty of Medicine and senior author of the study. "This allows a single probiotic formulation to simultaneously act on several of the bacterial signaling pathways to elicit broad beneficial physiological effects, and explain why the multiple indications we present in this paper but such a dramatic effect on so many different markers."

The fruit fly is remarkably similar to humans with about 70% similarity in terms of their biochemical pathways, making it a good indicator of what would happen in humans, adds Pruzanski.

"The effects in humans would likely not be as dramatic, but our results definitely suggest that a diet specifically incorporating Trichilia along with these probiotics will promote a long and healthy life."

The authors also say that the findings can be explained by the "gut brain axis," a bidirectional communication system between microorganisms residing in the gastrointestinal tract – the microbiota – and the brain. In the past few years, studies have shown the gut-brain axis to be involved in neurodegenerative changes and a variety of conditions such as irritable bowel syndrome, depression, anxiety and autism.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5980000/>

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<http://www.mcgsu.ca>

More on the News Release:
The secret to longevity is in the microbiome and the gut
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Keywords:
Science & Engineering Research
Health Sciences and Engineering Research Council of Canada, Canadian Institutes of Health Research

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https://www.eurekalert.org/pub_releases/2018-05/mu-ts053118.php

The screenshot shows a Windows desktop with a news article open in a browser window. The article is titled "The secret to longevity is in the microbiome and the gut". It features a photograph of a fly and discusses research findings. The desktop background is a scenic view of a beach and ocean. The taskbar at the bottom shows various pinned icons and the date as March 10, 2018.

<http://www.microbiometimes.com/the-secret-to-longevity-is-in-the-microbiome-and-the-gut/>

The secret to longevity is in the microbiome and the gut

RESEARCHERS IN FRUIT FLIES SHOW THE SECRET TO LONGEVITY IS IN THE MICROBIOME AND AN INSECT SUPPLEMENT...

By May 11 — 4 weeks ago • 40 minutes ago, Pharma & Human Health | 23 K

You are what you eat. Or so the saying goes. Insects have microbiomes that affect what the bacteria living in our intestinal tract eat and this could have an influence on how well we age. Building on this, McGauley University scientists fed fruit flies with a combination of probiotics and an insect supplement (Kefir) that was able to prolong the flies' longevity by 16% and protect them against chronic diseases associated with aging.

The study, published in scientific journals, adds to a growing body of evidence of the influence that gut bacteria can have on health. The researchers investigated a symbiotic blend of probiotics with a

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