

Bact-eria to the future! From science to support:

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The gut microbiome plays a critical role in both performance and health. In this session we combine current scientific research and practical application of this data, to explore some of the areas in which the gut microbiome can influence performance and health. We will discuss the impact of travel and the environment of the destination on the gut, and how this may impact individuals, helping to shape potential travel recommendations. We will delve into the role of the gut microbiome in the immune system and risk of illness, highlighting the research and applied recommendations to support this. This area then transitions us into the use of antibiotics and other medications such as NSAIDs, that can be extensively used in elite sport and the impact they have on gut health. We will explore published and unpublished data alongside practitioner experience to highlight the value of involving the nutritional strategies to support the short and long term impact. Finally, we will consider the knowns and unknowns around the female gut microbiome and pose questions to consider for future impact.