

Week 1 will cover the following areas:

- ◆ The development of the microbiome since the Palaeozoic Era.
- ◆ The breakdown of the microbiome (dysbiosis): poor mental health and obesity
- ◆ Childbirth: why modern disease worsens with each generation
- ◆ What the microbiome is for: lessons from the history of modern disease
- ◆ A new understanding of germs: what scientists need to do for the future
- ◆ An introduction to Week 2: the role of your food

Week 2 will look at the way in which our idea of food has developed over the years, from incomplete science, to advertising and the rise of dietary supplements. It now seems that we need to put the germs back into our diet. The following areas will be covered:

- ◆ The good, the bad and the ugly: proteins, carbohydrates and fats
- ◆ The new kids on the block: vitamins and minerals
- ◆ Is there any case for dietary supplementation?
- ◆ New ideas: microbiome-friendly foods (prebiotics); polyphenols and fibre
- ◆ A complete meal: life and death in the germ world; probiotics and...
 - ◇ Antigens: germ fragments that raise an immune response
 - ◇ Plasmids: circular DNA, giving microbes useful new skills

It is argued that we have to change tack quickly if we are to rescue ourselves from the current situation of snowballing health problems. Politicians and scientists are aware of the need for new antibiotics and occasionally the word “microbiome” is heard, but seemingly with little understanding.

The cost of the course is £12, including refreshments.

All are welcome and no previous knowledge is assumed.

If you supply us with your personal data (name, address or email), we will hold this in accordance with our privacy policy, available [here](#) or by request to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX. If you have any queries, please email berwickea@gmail.com or phone Cian McHugh on 01289 303254.

To book online, please [click here](#) **To book by post**, please fill in the booking form below, and post it to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX, along with a cheque in favour of BEA.

Name:

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Cheque enclosed £

(*Microbiome*)

