

Nutrition through seaweed benefits human gut microbiome

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Recent research has focused on identifying the role of seaweeds in modulating the risk and development of chronic diseases such as Cardio Vascular Disease (CVD) and cancer, using results mainly from cellular and animal studies to propose potential mechanisms behind the observed effects. Trials using Seaweed performed by Winberg from the University of Wollongong in Australia has shown that fiber supplement a new group of good bacteria in the colon. Moreover, it was also found that most of the bacterial groups that had been cultivated belong to those that produce short-chain fatty acids like butyrate, which in turn favors the growth of the mucous lining in the gut. Studies have revealed an exceptionally low short chain fatty acids presence, which contributes to inflammation in the colon as well as to the proliferation of an unhealthy and out of balance microbiome. Nutrients in seaweed are excellent prebiotics, packed with bio-available vitamins and minerals as well as fiber and omega 3 fatty acids. Seaweed should be part of the foundation of health and must be placed at the core of our dietary intake since our bodies cannot manufacture them. Seaweed selection must be based on species free from harmful contaminants, as well as being non-allergenic.

The link between our diets, gut-health/bacteria, and the immune system has been focused of recent findings. It is well known that nearly 70% of our body's immune system resides in the digestive tract.

Biography

Mauricio Ondarza has worked as a Research Professor in institutions such as CIATEQ (León, Guanajuato.), CIATEJ A.C. (Guadalajara, Jalisco), INSP (Cuernavaca, Morelos), CIQA (Saltillo, Coahuila), CICY (Yucatán, Mérida), CICESE (Ensenada, Baja California Norte) and CIES (San Cristóbal de las Casas, Chiapas). He has had sabbaticals at: Scripps Institution of Oceanography (La Jolla, CA, USA), UTPA (Edinburg, Texas). He has worked as a Visiting Professor at the Polytechnic University of Pénjamo (Guanajuato), Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM), Irapuato Campus and Querétaro Campus. He worked at CIATEJ AC in Guadalajara, Jalisco. He had conducted research in the field and activated work plans to offer analytical, metrological and to fisheries, aquaculture and food sector organizations of the States of Sinaloa and Sonora, for purposes of preserving marine natural resources. He holds the degree of Doctor of Studies and Research in Technology (DERTC), with Orientation in Biotechnology by the University of Technology of Compiegne (UTC) in France. He obtained from the National Council of Science and Technology a Credit Scholarship: VIII Mexico-France Exchange Program from 1984 to 1988. He has a Specialization in Microbiology, Bioconversions and Enzyme Technology. He is an Engineer Biochemist by ITESM (Guaymas Sonora Campus), COMEXUS-Fulbright Garcia-Robles Fellow, (2006). He has directed/co-directed ten projects national/foreign scientists and technologists related to the food industry, environmental, petrochemical and extraction of natural phycocolloids. It belongs to the Glycoscience Health Network. He was a member of the National System of Researchers (SNI) Level 1, from 1990 to 1993). He is author of a book and 3 book chapters. He has published more than fifteen articles in international and National journals. He is actually Director of Entrepreneurial Affairs at the International Organization of Consultancy on Humanism (OICDH).

Received: November 09, 2022; **Accepted:** November 11, 2022; **Published:** April 17, 2023