# Research points at microbiome enterotypes and prenatal hormones involved in the development of chronic diseases

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Research suggests that the microbiome enterotype and the prenatal hormones combined act as a predictor of the proneness to chronic disorders and food allergies.

What makes some people more prone to chronic disorders? DervalResearch conducted a research study on subjects with different types of microbiome.

The microbiome, whether in the gut, in the mouth, or on the skin - is composed of a variety of bacteria, fungi, and viruses. Based on thousands of measurements and DNA sequencing performed across the globe, 3 main microbiome enterotypes have emerged (E1-Bacteroides, E2-Prevotella, and E3-Ruminococcus). Even though we are all unique, DervalResearch scientists observed that people with a similar Microbiome Enterotype shared comparable behavior and preferences.

The microbiome enterotypes were identified via fecal Next Generation DNA-sequencing and the prenatal hormones were evaluated with the digit ratio technique. Subjects listed the chronic disorders they suffered from and documented their eating behavior and preferences.

The composition and diversity of the gut microbiome has been known to be linked to chronic diseases, as was the role of prenatal hormones but the research conducted by DervalResearch is the first one to consider both variables

“Subjects with a Bacteroides microbiome enterotype (E1) and/or more influenced by prenatal testosterone presented a higher prevalence of chronic disorders, including food allergies” highlighted Prof. Diana Derval, Chief Investigator of DervalResearch, and in charge of the novel research program.

The chronic diseases reported included: atopic dermatitis (AD), asthma, anorexia nervosa (AN), obesity, and osteoporosis. The reported food allergies were related to cereals and milk and the avoidance of the sensitizing foods was associated with a general improvement of the health perception, including chronic diseases.

DervalResearch just presented the findings "Microbiome enterotype, prenatal hormones, and proneness to chronic diseases" at the Physiology in Focus 2023 conference in Tallinn, Estonia. This first joint meeting of the Scandinavian Physiological Society (SPS), the Federation of European Physiological Societies (FEPS), and the Baltic Physiological Societies. was supported by the Tallinn University of Technology and the University of Tartu.

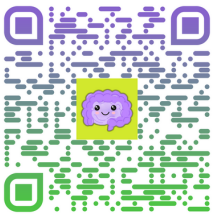
A certified B Corp, DervalResearch specializes in decoding people's behavior and preferences with biosciences, and previous publications linked for instance the microbiome and beauty OCD to cosmetics preferences.

The promising research study considering for the first time the combined effect of people's microbiomal and hormonal makeup could open new prevention avenues in the field of chronic diseases and food allergies. Targeted health and nutrition plans by microbiome enterotype and hormonal fingerprint seem to be the key to a better immune system.

Based on the observations made during the study, DervalResearch teams designed Microbiot, an intelligent web-based bot that helps evaluate one's microbiome. The tool is available via DervalResearch website or by scanning the QR code. To be 100% sure, a laboratory analysis is still needed, of course.

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