Professor Andrew Holmes  School of Molecular Bioscience and Charles Perkins Centre, University of Sydney

Andrew has general interests in microbial diversity, its evolutionary origins and ecological applications. He did his PhD studies at the University of Queensland (1989-1992) before postdoctoral stints at the University of Warwick, UK (1992-1996) and Macquarie University (1996-2002). In 2002 he commenced his current position at the University of Sydney where he is now Associate Professor in the School of Molecular Bioscience and Microbiome Project node leader in the Charles Perkins Centre. Andrew’s current research is focussed on understanding the dynamics of gut microbial community composition, the mechanisms of host-microbe interaction in the gut and development of tools to enable management of the gut microbial ecosystem for health. He has particular interests in the relationship between our nutrient environment and its effect on host-microbiome interactions in health. He is a Senior Editor for Microbiology and The ISME Journal and a member of the Editorial Boards of Applied and Environmental Microbiology and Environmental Microbiology.

TOPIC: Your poo and you: gut microbes, diet and modern lifestyle diseases.

Our gut houses the microbiological equivalent of a large biodynamic organic vegetable patch that has a profound effect on our health. Heard the old adage “You are what you eat”. Well it could be, ”You are what you grow in your gut”. Our gut microbiome, is the 1000 or so species of microbe that are normally present for most of our life. Just as with our genome, each of us has a unique microbiome and it encodes basic properties that influence our health and well-being. A key difference is that we acquire our genome more or less instantaneously at conception and are stuck with it for life. In contrast we acquire our microbiome over a far more protracted period and it is more malleable – for good or for bad. Studies comparing the microbiome of healthy and sick people have revealed a wide range of metabolic, immunological and even neuropsychiatric conditions where a dysfunctional microbiome is part of the underlying problem. Rapid advances in understanding the diet-host-microbiome relationship are now leading to better understanding of risk factors and novel strategies for treatment of diseases of modern lifestyles such as obesity, diabetes, allergies and some cancers.

DATE: Thursday 19th March 2015
TIME: 6.30pm – Doors Open 6pm
VENUE: Performing Arts Centre
Chevalier College (enter off Charlotte Street, Burradoo)

PRICES: Lecture Only: Non-members $10 | RS Members $5

Following the lecture, there will be a dinner with the lecturer, open to members and non-members. To book for dinner, please call Hub 0411 192 917 before the 17th March.