



LONGEVITY:

- CORE MICROBIOTA SHRINKAGE
- ACQUISITION OF A LONGEVITY-ADAPTED SUBDOMINANT FRACTION

- ABX
- C-Sections
- Reduced Breast feeding Sanitation
- Reduced Animal contact
- Refrigerator. Foods with few living microbes from soil

Gut Microbiota and Extreme Longevity

Citation: Biagi et al., 2016, Current Biology 26, 1480–1485 June 6, 2016