

## SCCR Science Series

### Gut Microbiota as a lever to improve human health



**Wednesday, December 9<sup>th</sup>, 2020**  
**9:00-11:00 am Zoom Webinar**

Click [HERE](#) to Register!

The mission of the Stanford Center for Clinical Research (SCCR) includes offering educational resources, training, and support for investigators and research staff. We have invited senior research scientist of Microbiology and Immunology, **Dr. Erica Sonnenburg, MD, PhD**, to provide you with an overview of the past decade of research demonstrating the profound link between the human gut microbiota and aspects of human physiology including metabolism, immune function, and central nervous system function.

At the conclusion of this class, you will be able to:

- Teach participants about the numerous vital connections between our gut microbiota and human health, including specific examples related to metabolism, immunity, and neurobiology.
- Illustrate the numerous factors that can alter the microbiota in everyday life, including the many insults of the modern world (e.g., antibiotics, low-fiber diet) that directly impact microbiota composition and function.
- Provide practical advice for how individuals can change their diet and lifestyle to nurture and health-promoting microbiota.

*Attendance is open to all research staff*

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### About the Instructor:



**Dr. Erica Sonnenburg, MD, PhD**, is a senior research scientist at the Stanford University School of Medicine in the Department of Microbiology and Immunology where she studies the role of diet on the human intestinal microbiota. She has published her groundbreaking scientific findings in prestigious journals such as *Cell*, *Science*, and *Nature* and is the co-author of the book *The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-Term Health*.

The Sonnenburg lab is currently focused on understanding basic principles that govern interactions within the intestinal microbiota and between the microbiota and the host. To pursue these aims, the lab applies systems approaches (e.g. functional genomics and metabolomics) to gain mechanistic insight into emergent properties of the host-microbial super-organism.

### BRN OPTIONAL

Spectrum is an approved provider by the California Board of Registered Nursing, Provider Number CEP15435 for 2 contact hour(s).

To receive your certificate with BRN credit, you are required to complete an evaluation at the conclusion of this class.

BRN Cancellation Policy: If you wish to cancel your registration, please contact the course coordinators, Susan Saba, [ssaba@stanford.edu](mailto:ssaba@stanford.edu) or Kiera Davis, [klarsen5@stanford.edu](mailto:klarsen5@stanford.edu).