

Gut Instinct: Discovering Scientists for Accelerating Microbiome Research

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Microbiome research, which investigates the role of microbial communities in our bodies, has demonstrated that our diet and antibiotics alter the microbiome and influence our health. Moreover, microbiome research can identify potential causal relationships for health problems like obesity and depression. Researchers could use people's diverse insights about their health to identify potentially useful research questions. However, the public's contribution to microbiome research is missing due to a lack of awareness about current microbiome research and lack of translation of scientific work into accessible learning material. Gut Instinct is a scientific discussion website that enables people to learn about the microbiome, share their insights with researchers and apply that knowledge to their lifestyle. Gut Instinct creates a community of learners who engage in asking questions, watching online lectures and perusing research papers. In this project, my tutorial videos showcase Gut Instinct as a microbiome learning platform for everyday citizens, thereby reducing their scientific anxiety and eliciting broader contributions. My work bridges the gap between the public and scientific communities to help them collaboratively create a concrete understanding of the microbiome.