



Time For Gut Biome Metagenomics During Annual Physicals And Screening Colonoscopies

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My opinion

Eating habits evolve. Purging habits evolve. Sexual habits evolve. The question is never whether such evolution is physiological, pathological, or psychological because evolution is always natural. The only lingering question is regarding how to prepare and adapt according to habits as they evolve. The bottom line for the selfish gene [1] is to survive and outlive others. Thus, the envisaged questionnaire-based protocol calls out the global researchers to explore the prevalence of evolving eating habits, purging habits and sexual habits among representative sample populations plus their level of acceptance for potential need to test gut biome metagenomics during their annual physical examinations as well as during their screening colonoscopies.

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The envisaged questions for this scientific exploration among adolescents and adults can be following with each question allowing the research participant a mandatory option titled "Prefer Not To Answer" especially when exploring their identity demographics per researching institution devised/recognized scale/questionnaire:

- Age identity per scale [2]
- Gender identity per scale [3]
- Sexual orientation per scale [4]
- Weight identity per scale [5]
- Eating habits per questionnaire [6]
- Purging habits per questionnaire [7]
- Sexual habits per questionnaire [8]
- Do eating habits, purging habits and sexual habits affect each other [9-15]?
Always/Often/Sometimes/Rarely/Never/No Comment
- Do eating habits, purging habits and sexual habits synergistically change biomes within? Always/Often/Sometimes/Rarely/Never/No Comment
- Is it ok to test stool sample for gut biome metagenomics during annual physical examinations? Always/Often/Sometimes/Rarely/Never/No Comment
- Is it ok to test bowel contents for gut biome metagenomics during screening colonoscopy once one becomes eligible for screening colonoscopy? Always/Often/Sometimes/Rarely/Never/No Comment

The bottom line is this that we may have yet not deciphered what the healthiest version of biodiversity within human gut biome is but without regular surveillance creating such global/regional/local databases out of long-term longitudinal studies, we may never get in the position to decipher that. Therefore, it may be time to start testing gut biome metagenomics during annual physical examinations as well as during screening colonoscopies so that down the line it can be deciphered whether human gut biomes are changing thus impacting human health and if so, the enlightened general populations may knowingly decide to further evolve their eating habits, purging habits and sexual habits to correspondingly evolve their gut biomes for their sustainable better health.

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