

Weiterführende Literatur / Referenzen OEKOSKOP 2/26

Artikel Dr. med. Sabine Heselhaus, Ernährungsforum Stadt Land Luzern

Prävention, Planetary Health und ärztliche Verantwortung

Das Mikrobiom als Bindeglied zwischen Umwelt, Ernährung und Gesundheit

Sabine Heselhaus,
Ernährungsforum Stadt Land, Luzern

Das menschliche Mikrobiom entwickelte sich in knapp zwei Jahrzehnten von einer marginalen Forschungsfrage zu einem Paradigma der Medizin und von Public Health. Es impliziert unser ärztliches Handeln.

Weiterführende Literatur

Asnicar F, Manghi P, Fackelmann G et al. Gut micro-organisms associated with health, nutrition and dietary interventions. Nature 650, 450–458 (2026).

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<https://www.ernaehrungs-umschau.de/news/29-10-2025-eat-lancet-report-ernaehrungssysteme-ueberschreiten-planetare-grenzen/>

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Wassermann B, Müller H, Berg G. An Apple a Day: Which Bacteria Do We Eat With Organic and Conventional Apples? Front Microbiol. 2019 10:1629.

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Das Pflanzenmikrobiom und seine Vernetzung mit der Gesundheit

Gabriele Berg,
Technische Universität Graz (A)

Die Entdeckung des «essbaren Mikrobioms» verändert das Verständnis, was ein gesundes Lebensmittel ausmacht, grundlegend. Die wichtige Vielfalt der Mikroben gibt der Produktionsweise neues Gewicht.

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- [5] Wicaksono WA, Cernava T, Wassermann B, Abdelfattah A, Soto-Giron MJ, Toledo GV, et al. The edible plant microbiome: evidence for the occurrence of fruit and vegetable bacteria in the human gut. *Gut Microbes.* 2023 15(2):2258565. doi: 10.1080/19490976.2023.2258565.
- [6] Wassermann B, Abdelfattah A, Müller H, Korsten L, Berg G. The microbiome and resistome of apple fruits alter in the post-harvest period. *Environ Microbiome.* 2022 17(1):10. doi: 10.1186/s40793-022-00402-8.
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Artikel Dr. Natacha Bodenhausen und Dr. Pascal Herren, FiBL, Frick AG

Landwirtschaft

Mikrobiomforschung und Ökolandbau: Wechselwirkungen ganzheitlich verstehen

Natacha Bodenhausen und Pascal Herren,
Forschungsinstitut für biologischen
Landbau (FiBL), Frick AG

Ein starkes Mikrobiom kann den Ökolandbau resilienter und nachhaltiger machen. Das FiBL sucht nicht nach einzelnen «Wundermikroben». Im Fokus stehen die Interaktionen zwischen Pflanzen und Boden.

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