

Review of: "Staunch the Age Related Decline into Dementia, Cancer, Autoimmunity (POTS), Obesity, and Other Diseases with a Prebiotic, Probiotic, Postbiotic Triple Play"

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The paper by Patrick Chambers deals in great depth with a very current topic, such as the importance of a balanced microbiota for maintaining a good state of health. In particular, the triple play of probiotic, prebiotic, and postbiotic is a very innovative approach. In general, the paper is well-written, even if at times the reading is not exactly smooth due to the presence of many acronyms, which sometimes require checking before continuing reading.