

---



UNCNRI  
**SOUNDBITES**  
October 2014

## Free Community Talk

### For Better or Worse – Consequences of Living with Chemicals



The Center for the Environment, Catawba College, in partnership with the UNC Nutrition Research Institute, invites you to a community lecture.

Modern life means constant contact with chemicals. Many have been declared safe for use but new evidence suggests they may be harmful even in “safe” doses. In this community talk, Folami Ideraabdullah, Ph.D., will discuss new findings that show how environmental chemical exposures may be linked to common human diseases and how current research can lead to prevention or treatment.

#### Center for the Environment, Catawba College

October 7, 6:30 PM  
Room 300  
2300 West Innes Street  
Salisbury, NC 28144

This lecture is free but registration is required. Space is limited. [Register here.](#)

---

## Research We're Reading

### Gut Microbes Can Determine Your Weight



Gut microbes have been making a lot of news lately. As the name implies, these bacteria reside in the intestine and fulfill a variety of functions essential to our health, specifically ensuring that we digest foods properly. But that’s only the beginning. A recent study shows that gut microbes can also determine your weight. In the study, gut microbes were harvested from 4 pairs of women who were twins. One twin was thin and the other twin in each pair was obese. The microbes were transplanted in mice. The mice getting the microbes from the obese twin became fatter while the mice getting microbes from the paired lean twin did not get fatter. [Read more](#)

---

## Take Part in a Scientific Study



Nutrition research is complex, but our purpose at the NRI is very human. A great way to relate to the work we do is to participate in a clinical study because, ultimately, our science is about you. We have two studies currently recruiting participants.

Male Fertility - Seeking men ages 18 to 60

Memory and Blueberries - Seeking adults ages 65 to 79 beginning to experience mild memory decline

[Learn more about these studies.](#) If you qualify you'll be compensated.

---

## Faculty Awards



NRI research faculty members are making advancements throughout the scientific world. Please join us in recognizing and congratulating our colleagues for these latest achievements.

**Martin Kohlmeier, M.D., Ph.D.**, and NRI Director **Steven Zeisel, M.D., Ph.D.** have had their Nutrition in Medicine online curriculum for medical students recommended by the nonprofit Bipartisan Policy Center (BPC) and other organizations. [Read more.](#)

**Philip A. May, Ph.D.**, is this year's recipient of the Henry Rosett Award, in recognition of his substantial contribution researching the field of Fetal Alcohol Spectrum Disorders

(FASD). [Read more.](#)

---

## Pave the Way to a Healthier Future



You can play an essential role in paving the way to a healthier future for yourself and your loved ones. When you purchase a personalized, engraved brick in Patron's Plaza at the Nutrition Research Institute in Kannapolis, your tax-deductible gift will be furthering ground-breaking research to alleviate chronic diseases worldwide.

These 4-by-8-inch bricks are a permanent part of the foundation of the NRI building and represent your personal commitment to the global work of NRI scientists in the field of personalized nutrition.

To honor a person or remember an occasion, purchase a brick for \$100 [click here](#), or call 704.250.5008 to order by phone. Learn more about how you can support the work of the NRI at [www.uncnri.org](http://www.uncnri.org). Thank you!

---

## Lettuce Eat Good Stuff



Shake up your daily dining routine. The NRI's [Lettuce Eat Café](#) is open to the public weekdays for breakfast and lunch, offering delicious, fresh gourmet sandwiches, salads and fresh fruits and sweets. While here visit the pictorial exhibit *Kannapolis: From Cotton to Chromosomes* in The Scholar's Cove on the ground level, just around the corner from the café.



UNC  
NUTRITION  
RESEARCH INSTITUTE

*Copyright © 2014 Nutrition Research Institute, All rights reserved.*

The UNC Nutrition Research Institute is part of the University of North Carolina at Chapel Hill. The institute is located on the North Carolina Research Campus in Kannapolis, NC.