A significant amount of information resulted from this pilot study. Not only have we been able to optimize the design of the study, the extraction method, the analysis methods, but we have obtained extremely valuable preliminary data that will allow us to design a clinical trial that targets the gut microbiota using lifestyle interventions which take consideration:

- Some lifestyle habits of the population
- Awareness of the population and the necessity for further awareness campaign

Moreover, we have a cohort of 38 ASD/IBD, 10 ASD/IBD and 47 controls who expressed their interest in such clinical trial and form the study. Such a clinical trial will involve lifestyle medicine intervention to treat Autism Spectrum Disorders and Inflammatory Bowel Diseases would be the first of its kind in the country and the region, in an area where the gut microbiota is thought to be the missing piece of the puzzle that explains health disparities in these disorders.

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Significance and Post Project