

# Tufts

## NUTRITION

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# THE Microbiome

Meet the trillions  
of tiny allies that  
call your body home

PLUS: MULTIVITAMIN Q & A • WALKABLE TOWNS • IS GLUTEN-FREE FOR ME?



## BODY WORK

If there is a magic bullet to weight loss, Associate Professor Jennifer Satchek, N01, thinks it is exercise. “It changes your infrastructure, your machinery and your metabolism,” making it easier to lose pounds, she writes in a new packed-with-useful-science diet book, *Thinner This Year*. That doesn’t mean you have to be a competitive rower like she is, but it does mean a commitment to exercising six days a week, for life. For more of her advice, turn to page 8.