

## 菇菌與腸道健康 MUSHROOMS AND GUT HEALTH

### Abstract

世界各地多年來都利用菇菌保健抗病。菇菌的保健益處最近受到廣泛關注。一個重要科研領域是菇菌透過調節腸道微生物組來達到其對人的保健作用。腸道微生物組指腸道中所有的微生物。腸道健康，特別腸道微生物組的健康，影響著我們身體各部份的健康。我會討論以下內容：(1) 什麼是菇菌？(2) 菇菌的種植，(3) 菇菌的保健益處，(4) 腸道微生物組影響我們的健康，(5) 益生菌和益生元，及 (6) 菇菌透過影響腸道微生物組幫助我們保健抗病。

Mushrooms have been used to enhance our health for many years and across all continents. Their health benefits have received much attention recently. One interesting area is the health benefits of mushrooms are achieved by modulating our gut microbiome. Gut microbiome refers to the whole collection of microorganisms in the gastrointestinal tract. Gut health, especially the health of gut microbiome, affects the health of every part of our body. This webinar will discuss the following: (1) What are mushrooms? (2) Mushrooms cultivation, (3) Mushrooms health benefits, (4) Gut microbiome affects our health, (5) Probiotics and prebiotics, and (6) Mushroom health benefits by gut microbiome modulation.

### About the Speaker

**關海山教授**自1984年起任教於香港中文大學，於2019年榮休，曾任生命科學學院教授，理學院院長及食品研究中心主任。關教授一直致力於分子遺傳及基因組學方面的研究，其興趣主要涵蓋病原細菌、食用及藥用菇菌、藥用植物和海洋珍貴動物相關的分子遺傳機制及基因組信息探索。關教授的學術研究成果豐碩，在國際期刊和會議上發表過超過300篇學術文章。關教授熱心參與公共及社會服務，表現傑出，尤其致力促進食物安全和質素保證，貢獻良多，獲頒授銅紫荊星章。關教授近年創辦了海山基因科技有限公司及益生活有限公司，專注研究微生物與腸道及人體健康的關係及推出保健產品與服務，從而改善大眾的健康水平。

**Professor Kwan Hoi Shan** served The Chinese University of Hong Kong for 35 years (1984 – 2019). He was professor of School of Life Sciences, Dean of Science and Director of Food Research Centre. His research interests include molecular biotechnology, genetics and genomics of enteric bacteria, edible and medicinal mushrooms, medicinal plants and marine animals. He has published over 300 refereed papers and abstracts in international journals and conferences. Professor Kwan was awarded the Bronze Bauhinia Star (BBS) for his meritorious public and community service, particularly his contribution in promoting food safety and quality assurance. In recent years, Professor Kwan founded HSK Genetech Limited and Probiolife Limited. Focusing on the research on the relationship between microorganisms and human health, these companies launch health products and services to improve the well-beings and health of the community.

### 演講者



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16 June, 2022  
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### ZOOM會議鏈接

<https://bit.ly/3MSVIGQ>

網上講座將以粵語進行。  
The talk will be conducted in  
Cantonese.