

## Stellingen behorende bij dit proefschrift

### Liver Health in the General Population

#### the role of diet, body composition and the gut microbiome

1. Hepatologists should encourage their patients to drink at least three cups of coffee per day. *(Based on this thesis)*
2. Dietary advice in non-alcoholic fatty liver disease patients should not be focussed on weight loss only. *(Based on this thesis).*
3. Diet-dependent acid load could be the missing link between an unhealthy diet and non-alcoholic fatty liver disease. *(Based on this thesis)*
4. Fatty liver disease is not all about fat mass. *(Based on this thesis)*
5. The unfavourable metabolic profile in steatosis may be caused by low gut microbial diversity. *(Based on this thesis)*
6. "Primum non nocere" - Doing nothing is (more often than we think) better than intervening. *Brown et al. NEJM 2020*
7. Non-alcoholic fatty liver disease is a benign condition. *Day. Gastroenterology 2005*
8. Vaccinations do not cause autism but save (young) lives. *Hviid et al. Annals of Internal Medicine 2019*
9. Give 1 analytical problem to 29 research teams and you will end up with 29 different answers to the original research question. *Silberzahn et al. Adv in Methods and Practices in Psychological Science 2018*
10. Laugh lots, live longer. *Romunstad et al. Psychosomatic Medicine 2016.*
11. Be brave, be curious, be determined, overcome the odds. It can be done. *Stephen Hawking*