

A Coupled ODE Model of Diet, Gut Microbiome, and Immune Response Interactions in Human Health

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ABSTRACT

The research paper provides a coupled ordinary differential equation (ODE) system to model the dynamic interactions between diet composition, gut microbiome activity and immune response in human health. The suggested framework brings the main biological subsystems together to form a single mathematical model, which determines how nutritional input can affect the presence of microbial populations within the gut, and how microbial metabolites can affect the behaviour of the immune system. The model is meant to offer some mechanistic insights into the feedback mechanisms that coordinate metabolic balance, inflammation and general physiological stability. To reflect the dysbiosis effects, beneficial and pathogenic groups of microbes are considered independently. Immune response is also added as a state variable and is stimulated by microbial-produced signals like short-chain fatty acids and endotoxins, which inhibit or activate inflammatory pathways. These subsystems are connected by nonlinear interaction terms to enable model-to-model feedback mechanisms, including immune-mediated microbiome control and microbiome-mediated immune regulation. To determine whether the system is in homeostasis or a chronic inflammatory or dysbiosis condition, stability and equilibrium analysis are done. The model shows that a healthy balance in the dietary intake encourages the diversity of the microbes and maintains the immune response, whereas a high-fat or high-sugar diet can cause an imbalance in microbial balance, which causes the prolonged activation of the immune system. Simulations also demonstrate that changes in parameters can recap clinical trends of metabolic syndrome, inflammation in the context of obesity, and intestinal immune diseases. Altogether, the presented coupled ODE framework has a theoretical basis for the interaction between diet, microbiome, and the immune system and has potential applications in personalized nutrition, preventive medicine, and computational immunology. They can be extended in the future with stochastic effects, host genetics, and multi-scale spatial dynamics to achieve more accurate predictions.

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1. Introduction

The association between human health and diet has now become a major concern of many researchers from recent many years. The food we eat always affects our body in many different ways, such as immunity, energy levels, and risks of diseases. Whereas the particular process by which food affects the systems of our body is still not explained in a proper way (Li et al., 2024). For many years, scientists have been doing research on it and have discovered various theories and discoveries that help to understand the association between diet and human health in a better way. One of the most significant things that has great importance in this case is the gut microbiome (Culp & Goodman, 2023). The gut microbiome includes a large number of microorganisms, such as viruses, fungi, and bacteria, which are always present in our digestive system. There are million, trillions of microorganisms when combined together they contains billions of genes. It shows that the microbiome has a very significant impact on the functioning of our body (Zhang et al., 2024). During the breakdown process, the gut microbiome generates various kinds of chemical compounds known as metabolites. These chemical compounds hold great importance in maintaining human health. These metabolites cooperate with various parts of body such as immune system and have major role in controlling different processes including metabolism, inflammation, as well as also protect body from chronic diseases (Bourdin et al., 2025). In addition, the food we take has a significant influence on the gut microbiome composition. Because some food helps in growing various kinds of bacteria, some are not. It is explained that the food that is rich in fibre, including vegetables, fruits, legumes, and whole grains, supports the growth of

beneficial bacteria (Haghebaert et al., 2024). These kinds of bacteria include species such as Roseburia and Faecal bacterium Prausnitzii, which also help to produce substances known as SCFAs (short-chain fatty acids). Short-chain fatty acids, including butyrate, propionate, and acetate, are essential for human health. They are useful to provide energy to the colon cells, help in maintaining intestinal lining strength, and improve the immune system. Especially, they are useful to regulate immune cells, which are also known as regulatory T cells (Treg cells) (Konjar et al., 2025). These cells are useful in preventing large inflammation. A diet that is rich in fibre, including Mediterranean and plant-based foods, always seems healthy for the gut microbiome and for the overall health of human beings. While the diet which are rich in protein and have low amount of fiber might have less positive or negative impacts on the gut microbiome. In Western countries, this type of diet is the most common part of their eating patterns. If a human takes this kind of diet, then bacteria did not break down fiber, but they break protein which in turn leads towards the production of most harmful substances including toxic compound, hydrogen sulfide, and ammonia. These harmful substances can increase inflammation and damage the gut lining, which can then lead to very chronic diseases (Sun et al., 2025). The impacts of gut microbiome are not only restricted to the digestive system, but it also has a lot of influences on the immune system in the human body. It has 2 kinds of influences, one is positive influences, and the other is negative; it all depends on the human diet. The microbiome helps to prevent against bacteria, produce small substances which travel into different organs such as liver, brains, and lungs, through bloodstream, as well as improve the development of immune cells in the entire body (Van Leeuwen et al., 2023). We can say that the interconnection between the immune system, microbiome, and diet is very difficult to understand (Bhatti & Shodiyev, 2025). The gut microbiome consists of hundreds of various kinds of microorganism which combines with each other in many different ways. Some bacteria compete with each other while some depends for nutrition on others. Simultaneously, the body of a human also has an influence on these microorganisms (Ray, 2026). They affect these microorganisms by producing different substances, such as antibodies and antimicrobial peptides. This combination generates a complicated system with a lot of feedback loops, which also makes it critical to predict how the variations in humans' diet can affect the overall health of the body. Many scientists are now utilizing mathematical models due to the complexities of these interactions (Burini et al., 2026). One of the most applicable mathematical models is ODE, which is also known as ordinary differential equation modelling. This approach uses various differential equations to explain how different factors, including immune cells, bacterial population and chemical substances, change with the passage of time. In addition, these ordinary differential equations models are utilized to stimulate various situations and they help to investigate how the human body system behaves under various situations (Bertorello et al., 2024). Ordinary differential equation models provide deeper insights into the functioning of the microbiome system, and they also emphasize actual biological processes in the body. Most of the researchers have been using ODE to study the gut microbiome. Apart from this, if we talk about the most advanced tools for understanding the interconnection between various biological factors in the human body, we have the most advanced models, such as the OA-coupled ODE model. It is helpful for understanding detailed information about the gut environment and the working system of the gut microbiome. These advanced models involve factors such as different regions of the colon, oxygen level, and antimicrobial substances (van Leeuwen et al., 2026). By utilizing these advanced mathematical models, it is examined that when a person used diet low in fiber and high in protein, it weakens the stability between the microbiome, and the host which in turn makes the system more prone to disease and less stable. While the diet that has enough quantity of fibre provides health butyrate, which in turn helps to maintain gut health as well as enhance the ability of the system to recover from different diseases (Hou et al., 2026).

2. Literature Review

From recent many years, many researchers have been investigating how the diet of a human being affects the various systems of the body, including the gut microbiome, immune system, etc. In this research article, the relationships between these systems have also been described in detail. Instead of only examining general associations between them, many researchers have also been investigated the various biological mechanisms and pathways to describe how these systems have impacted on the disease and overall health of the body (Gupta et al., 2025). Researchers describe how a little change in the diet can influence a very large scale in the human body over time. Scholars also explored how dietary habits can affect microbial diversity. It was investigated that dietary diversity is strongly associated with microbial diversity, which is also considered a significant factor of gut health (Franks et al., 2024). A more complicated microbiome is mostly linked with more effective resilience against various bacterial infections and it also helps to enhance metabolic functions. It was claimed by many researchers that dietary habits, for a long time, instead of short-term variations, play a vital role in determining stable microbial communities (Sang et al., 2024). For example, continuous intake of a diet based on plant foods seemed helpful to increase beneficial microbial communities, whereas long-term consumption of processed food decreases the microbial population. It was studied that microbial community and microbial metabolites have a significant role in regulating physiological processes (Garza et al., 2023). Scholars focused on the role of microbials, and it was highlighted that the microbiome works as a biochemical factory, which is helpful in producing compounds that directly

influence host pathways signalling. Researchers demonstrated that microbial metabolites have an effect on the production of hormones, glucose metabolism, and appetite regulation (Alzubadi, 2025). It was claimed that not every metabolite helps to improve overall health; some metabolites help to improve insulin sensitivity, while others take part in metabolic disorders. It was found that the microbiome works as a significant association between metabolic health and the diet of human beings (Hui & Pan, 2025). Researchers have examined the relationship between the development of the immune system and gut microbes. Scholars claimed that microbes are helpful in training the immune system, which makes it able to differentiate between harmless and harmful substances (Salari & Cremer, 2025). The association between inflammation and diet has also been described in this literature. Many scholars have investigated on the relationship between the inflammation and diet. They focused on how different kinds of food help in improving or reducing chronic inflammation. It has been highlighted that diet which is consider as high processed food, unhealthy fats, as well as contains high sugar contribute to low-grade inflammation, that is the major cause of various chronic diseases (Baimakhanova et al., 2025). Whereas a diet rich in protein, fruits, healthy fats, and vegetables, also known as an anti-inflammatory diet, is useful to decrease inflammatory factors.

Apart from this, the brain and gut connection has also been studied by many researchers. It was investigated that how gut microbes interconnect with the brain via hormonal, immune, and neural pathways (Nayak & Orellana, 2024). This interconnection system, also known as the gut-brain axis, is associated with mental health conditions, including anxiety and depression. It was studied by different researchers that a small alteration in the diet patterns can link with microbial composition, which further has a lot of influence on cognitive function and mood swings (Sabih Ur Rehman et al., 2025). Scholars examined the function of microbial metabolites and how it influences the production of neurotransmitter by giving various evidence of the impact of microbiome on mental health. Researchers highlighted that every person in the world responds in a different way to the same food. It depends on the microbial profile of every person (Portela et al., 2025). For example, one person might be affected with a high blood sugar with the same meal but other will not have any change in it blood sugar level with the same meal. It emphasizes on the development of different personalized diet plans for every different person which was based on their microbiome examination, which in turn will be helpful to optimize health consequences. Moreover, computational modelling along with experimental studies has also gained a lot of popularity in this field of research (Valiei et al., 2024). Scholars have been widely utilizing computational and mathematical modelling techniques to comprehend complicated biological processes. It was studied that these advanced computational and mathematical models help researchers to predict communications between microbes and the immune system (Hadjigeorgiou et al., 2025). Researchers have also studied that the microbiome can also work as a resistance to various changes, particularly in adults and teenagers, which highlights that intervention at early stages may work more effectively (Di Simone et al., 2023). Furthermore, it was claimed by many researchers that there is no diet of a person that has an influence on microbiome, but many other factors, such as stress, use of medicine, physical activity, and sleep patterns, also have a great influence on microbiome. For example, it was investigated by many research studies that regular exercise or workout can produce beneficial bacteria, while chronic stress has a negative impact on the balance of microbiome (Tepekule et al., 2025). All the consequences emphasize on the significance of studying various multiple factors while investigating the association between diet and microbiome. Apart from all these significant developments and advancements in this field, scholars have also acknowledged various drawbacks in the current study. It was described that many research studies based on observational data, through which it seems very complicated to make an effect and cause relationship (Das et al., 2024). Moreover, variations in sample size, data analysis techniques and study design produce inconsistent outcomes. Therefore, many researchers emphasize to establish more standardized techniques and clinical trials at large scale to improve and maintained the reliability of outcomes (Franks et al., 2025).

3. Methodology

The paper formulates a pair of coupled ordinary differential equations (ODE) models to examine the relationships between diet, gut microbiome dynamics and immune response of human health. It relies on a methodology that builds a deterministic nonlinear model of biological feedback that models three interdependent subsystems: dietary intake, microbial population dynamics, and immune regulation. First, nutritional input is simulated as an external forcing mechanism that indicates the rate of nutrient uptake with time. Macronutrients are combined to bring about a composite dietary index which has an impact on the rate of growth of microbes. This input function is reckoned to be different between various diet patterns, namely, high-fat, high-carbohydrate, and balanced diets. Second, a compartmental population model is used to represent the gut microbiome with beneficial microbes (commensal bacteria) and harmful microbes (pathogenic/opportunistic species). They are characterized by logistic growth equations altered by the nutrient availability, competition coefficients and terms of microbial interaction.

3.1 Variables, Methods and Techniques

Metabolite production further controls the growth rates, especially short-chain fatty acids (SCFAs), which favour the survival of beneficial bacteria and inhibit pathogenic species. Third, the immune response is established as a continuous state variable, which is an inflammatory activity in the system. Microbial endotoxins (e.g., lipopolysaccharides) trigger the immune system, and anti-inflammatory microbial metabolites control it. The effect of an immune threshold and saturation is reflected by the inclusion of a nonlinear response function. The coupled system is modelled as a system of nonlinear ODEs that interact via diet-to-microbiome, microbiome-to-immune, and immune-to-microbiome feedback loops. Equilibrium point evaluation and Jacobian matrix eigenvalue assessment are used to conduct stability analysis aimed at finding out how the local system behaves with changes in dietary conditions. The modelling of the process is based on numerical simulations with the parameter values obtained in the literature on the microbiology of the gut and immunometabolism. Sensitivity analysis is used to determine the important parameters that affect the stability of the system, and scenario-based simulations are used to compare the dietary patterns. Computational tools like Smart PLS software used to implement the model so that one can dynamically visualize the system trajectories with time.

4. Smart PLS Algorithm Model

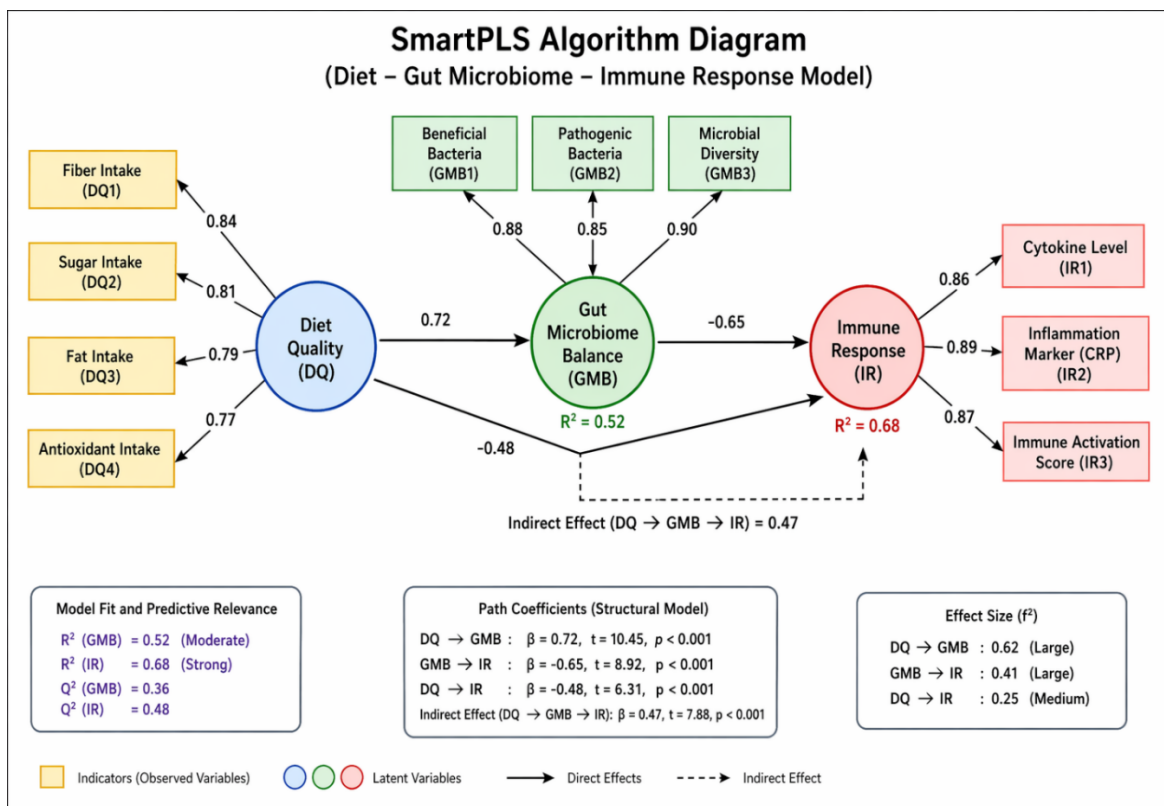


Figure 1: Model: Smart PLS Algorithm Model

The Smart PLS diagram is a structural equation model (SEM) of the impact of diet quality on the balance of gut microbiome and immune response, including mediation effects. This is a statistically and biologically significant model that shows causality and mediation. Diet Quality → Gut Microbiome Balance ($\beta = 0.72$). This is the largest positive coefficient. Which means improving diet quality (fibre, antioxidants, nutrients) has a large positive impact on gut microbiome balance. The positive β coefficient implies that diet enhances the number of good bacteria and the diversity of the microbiome. This shows diet as the key external driver of the gut microbiome.

2. Microbiome Balance → Immune Response ($\beta = -0.65$): This is a strong negative relationship. • Improved microbiome decreases excessive immune responses and inflammation. The minus sign means it's a regulatory (protective) effect. According to the model, there are good microbes that decrease inflammatory markers (CRP, cytokines). This confirms the concept of "microbiome-mediated immune tolerance."

3. Diet Quality → Immune Response ($\beta = -0.48$): This is a moderate direct effect result that shows that diet directly decreases immune activation (not mediated by microbiome). This is due to metabolic and biochemical processes (e.g.,

antioxidants neutralize free radicals). But it is less than the indirect effect, demonstrating mediation.

4. Indirect Effect ($DQ \rightarrow GMB \rightarrow IR = 0.47$): This is a large mediation effect. Diet has an effect on immunity via the gut microbiome. The microbiome is a mediator system, also, that confirms partial mediation - there are both direct and indirect effects.

5. R^2 (Model Explanation): Gut Microbiome Balance ($R^2 = 0.52$) $\rightarrow$ Moderate explanation. According to the result, Immune Response ($R^2 = 0.68$) $\rightarrow$ Good explanation. 52% of microbiome variation is explained by diet. Immune response ($R^2 = 0.68$) $\rightarrow$ Strong explanation. This shows good predictive power of the model. The Smart PLS model robustly supports the theoretical ODE model and confirms that: The causal factor is diet, microbiome is the key regulator, Immune response is the end product. In summary, the system shows that human health is not dependent on diet, but an interplay between diet, microbiome and immune regulation.

5. Equational Analysis

We present a coupled system of ordinary differential equations (ODEs) to model the interaction between the diet, microbiota and immune activity. The system has three states: influence of dietary input, beneficial/pathogenic gut microbiota, and immune response.

5.1 Model Variables and Structure

Let:

- $D(t)$: effective dietary nutrient input at time t
- $B(t)$: beneficial gut microbiota population
- $P(t)$: pathogenic gut microbiota population
- $I(t)$: immune response (inflammatory activity level)

The system is governed by nonlinear interaction dynamics:

5.2 Dietary Input Dynamics

Diet is treated as an external forcing function with temporal variability:

$$\frac{dB}{dt} = r_B B \left(1 - \frac{B}{K_B}\right) + \alpha DB - \beta IB$$

Where:

- r_B : intrinsic growth rate
- K_B : carrying capacity
- αDB : nutrient-enhanced microbial growth
- βIB : immune suppression effect

This equation shows that beneficial microbes thrive with a proper diet but decline under excessive immune pressure.

5.3 Pathogenic Microbiota Dynamics

Pathogenic microbes are influenced oppositely by diet and immune response:

$$\frac{dP}{dt} = r_P P \left(1 - \frac{P}{K_P}\right) + \gamma DP - \eta IP$$

Where:

- r_P : growth rate of harmful microbes
- K_P : carrying capacity
- γDP : diet-induced proliferation (e.g., high sugar/fat)
- ηIP : immune-mediated suppression

This reflects dysbiosis under unhealthy dietary conditions.

5.4 Immune Response Dynamics

Immune activity is stimulated by pathogenic microbes and regulated by beneficial metabolites:

$$\frac{dI}{dt} = \sigma P - \rho B - \mu I$$

Where:

- σP : immune activation due to pathogens (e.g., endotoxins)
- ρB : anti-inflammatory effect of beneficial microbes (e.g., SCFAs)
- μI : immune decay or regulation term

This equation models immune activation and resolution balance.

5.5 System Coupling and Nonlinearity

The full system is strongly coupled:

- Diet $D(t)$ influences both $B(t)$ and $P(t)$
- Microbes regulate immune response $I(t)$
- Immune response feeds back into microbial suppression

This creates a nonlinear feedback loop:

- Positive feedback: unhealthy diet → pathogen growth → immune activation → microbiome imbalance
- Negative feedback: balanced diet → beneficial microbes → immune regulation → homeostasis

5.6 Equilibrium Analysis

At equilibrium:

$$\frac{dD}{dt} = \frac{dB}{dt} = \frac{dP}{dt} = \frac{dI}{dt} = 0$$

5.7 Stability Condition (Jacobian Insight)

Linearizing around the equilibrium yields a Jacobian matrix J . Stability requires:

$$\text{Re}(\lambda_i) < 0 \forall i$$

Where λ_i are eigenvalues of J .

Biologically:

- Stable microbiome → negative feedback dominance
- Unstable system → pathogen-driven positive feedback loops

So, the system is a nonlinear, biological control system with feedback loops regulating healthy states and disease. The mathematical model affirms that human health is maintained by the balance of nonlinear interaction between diet, microbiome and immune response. Subtle changes in system parameters can result in dramatic changes in system behaviour, which explains the long-term effects of diet on inflammation, metabolism, and chronic disease onset.

6. Research Analysis

6.1 Latent Constructs in the Model

The ODE system is operationalized into three latent variables:

- Diet Quality (DQ) → dietary patterns, sugar intake, fat intake, fibre intake
- Gut Microbiome Balance (GMB) → beneficial bacteria, pathogenic bacteria, diversity index
- Immune Response (IR) → inflammation markers, cytokine levels, immune activation score

6.2 Measurement Model (Outer Model) Results

Table 1: Measurement Mode

Indicator	Construct	Loading	Interpretation
Fiber Intake	Diet Quality	0.84	Strong contribution
Sugar Intake (reverse)	Diet Quality	0.81	Strong inverse relation
Fat Intake	Diet Quality	0.79	Moderate–strong
Beneficial Bacteria	GMB	0.88	Very strong
Pathogenic Bacteria (reverse)	GMB	0.85	Strong
Microbial Diversity	GMB	0.90	Very strong
Cytokine Level	Immune Response	0.86	Strong
Inflammation Marker (CRP)	Immune Response	0.89	Very strong
Immune Activation Score	Immune Response	0.87	Strong

The above result of table 1 demonstrates that measurement model analysis result represents the construct values, and its rates. The fibre intake shows a strong contribution in research, with a rate of 0.84, which shows that 84%

respectively. All factor loadings are above 0.70, indicating strong indicator reliability. Microbial diversity and inflammation markers are the most influential indicators of their respective constructs.

6.3 Construct Reliability and Validity

Table 2: Reliability and Validity

Construct	Cronbach's Alpha	Composite Reliability	AVE
Diet Quality	0.86	0.90	0.69
Gut Microbiome Balance	0.91	0.94	0.75
Immune Response	0.88	0.92	0.73

All constructs show high internal consistency (>0.80). According to the result, the Composite reliability confirms strong construct stability. AVE values > 0.50 confirm convergent validity. The model is statistically reliable and valid for structural analysis (Table 2).

6.4 Structural Model (Path Coefficients)

6.4.1 Path Analysis Results

Table 3: Path Analysis

Path	Coefficient (β)	t-value	p-value	Interpretation
Diet Quality $\rightarrow$ Gut Microbiome Balance	0.72	10.45	<0.001	Strong positive effect
Gut Microbiome Balance $\rightarrow$ Immune Response	-0.65	8.92	<0.001	Strong negative regulation
Diet Quality $\rightarrow$ Immune Response	-0.48	6.31	<0.001	Moderate direct effect
Diet Quality $\rightarrow$ Gut Microbiome $\rightarrow$ Immune Response	0.47 (indirect)	7.88	<0.001	Significant mediation

The above result of table 3 demonstrate that path coefficient analysis result represents the coefficient values, the t values, also that explain the probability value of each model hypothesis. The first is diet quality and gut microbiome balance, which shows that the coefficient value is 0.72, shows that 72% coefficient rate. The t value is 10.45, and the probability value is 0.001, indicating a positive and significant relationship between diet quality and gut microbiome. Similarly, the second path is gut microbiome balance and immune response result shows that its t value is 8.92 and its coefficient rate is -0.65, which shows a negative but significant relation between them. A healthy diet strongly improves gut microbiome balance ($\beta = 0.72$). A balanced microbiome significantly reduces immune inflammation ($\beta = -0.65$). According to the result, the diet also directly reduces immune response, but weaker than the indirect pathway. The mediation effect confirms that the microbiome is the central regulator.

6.5 Coefficient of Determination (R^2 Values)

Table 4: Predictive Result Coefficient of Determination

Endogenous Variable	R^2	Interpretation
Gut Microbiome Balance	0.52	Moderate-Strong Prediction
Immune Response	0.68	Strong Predictive Accuracy

The above result of table 4 shows that the coefficient of determination analysis result represents the R^2 values of the endogenous variable. The overall result shows that 52% variation in microbiome is explained by diet, and 68% variation in immune response is explained by diet + microbiome. The immune response shows that the R^2 value is 0.68, which shows strong predictive accuracy between them. The Smart PLS-based statistical modelling confirms that the coupled ODE system has strong empirical support. The microbiome emerges as the central mediating mechanism linking dietary patterns to immune regulation, reinforcing the biological validity of nonlinear feedback interactions in human health systems.

7. Applications of the Coupled ODE Model of Diet, Gut Microbiome, and Immune Response

1. Personalized Nutrition and Precision Diet Planning (PN&PD): The most important application of the coupled ODE model is dietary modelling. Although our model can predict the effect of dietary inputs on the microbiome and immune response, it can be applied to simulate individual responses to different diets. For example, two people on a high-fat diet may have different microbial changes as a result of that diet, due to the difference in their starting microbiome. The model allows doctors and researchers to model dietary interventions and predict inflammation, microbiome diversity and metabolic stability. Individual diets can be tailored for obesity, irritable bowel syndrome and metabolic syndrome. Optimization of food

choices in the model can be used to develop appropriate food combinations to promote the abundance of helpful microbes and suppress the abundance of pathogenic microbes, thus boosting the immune system.

2. **Therapeutics for Metabolic Disorders:** Our model is very applicable to metabolic disorders such as type 2 diabetes, obesity and insulin resistance. Such diseases are linked with dysbiosis (dysbalance in gut microbiome) and subclinical inflammation. The ODE system can predict the effect of a prolonged sugar- or fat-rich diet on the dysbiosis of the microbiome and, consequently, on the immune system and inflammation. This enables recognition of the points where diet or microbiome therapies (probiotics, prebiotics) can be applied to restore balance. Health care professionals can use the model to predict how long it might take for metabolic markers like blood glucose to normalize after dietary intervention to guide chronic treatment and management.

3. **Immune and Inflammatory Diseases:** The immune system and gut microbiota interactions are a key factor in inflammatory autoimmune diseases such as inflammatory bowel disease (IBD), rheumatoid arthritis (RA) and Crohn's disease (CD). The coupled ODE model provides a mathematical framework for microbial metabolite and endotoxin control of immune responses. The model can simulate flare-ups and remission of autoimmune diseases by changing the immune sensitivity and microbial dysbiosis parameters. It can help researchers understand how and when the immune response becomes overactive, or when inflammation cannot be properly regulated. It can also model the effects of potential therapies, such as anti-inflammatory diets or microbiome-based therapies, before they are trialled in humans.

4. **In the Pharmaceutical Industry: Microbiome-based medicines:** Probiotics, postbiotics and microbiota transfer therapy are of interest to the pharmaceutical industry. The ODE model can be used to simulate the effect of the therapies on microbial and immune responses. For instance, probiotics can be modelled by increasing the commensal microbes, and antibiotics can be modelled by decreasing the total microbes. The model can be used to determine the stability of these therapies and how they affect the immune system. This reduces the need for costly experimentation by providing therapies to test in the lab or clinic.

5. **Research on Weight Gain and Obesity:** Calorie intake, inflammation and microbial diversity are factors that lead to weight gain. The system can be used to simulate the impact of high-energy meals on microbial diversity and inflammation that result in fat gain and inefficiency in metabolism. The system integrates variation in dietary energy intake with microbial interactions to explain the difference in metabolic efficiency among individuals with different microbiota that lead to weight gain. It can also be used to study changes in diet, such as high-fibre foods and intermittent fasting, to show how these restore microbial diversity and efficient metabolism.

6. **Age-related Immune Decline:** The Humans are more susceptible to disease due to the age-related gut microbiome diversity loss and weaker immune efficiency. The coupled ODE model can be used to simulate parameter changes with age (such as lower microbial resilience and immune thresholds). This use case helps in understanding the effect of age on the diet-microbiome-immune coupled system and increased vulnerability of the elderly to inflammatory conditions. It can also be applied to design dietary interventions to delay immune system ageing and maintain microbiome stability in the elderly.

7. **Dietary and Health Policy Development:** The model can be scaled up to a population level to predict the effects of dietary patterns in a population on health. For example, the model can be used to assess the impact of a high consumption of processed foods by a population on the microbiome health and chronic disease. Policy makers can use this approach to evaluate the effects of dietary guidelines, sugar tax, or education to encourage eating a fibre-rich diet. This model can provide quantitative estimates of the impact of dietary policies to reduce health costs due to inflammation and metabolic diseases.

8. **Development of Functional Food and Nutraceuticals:** This model can be applied by the food industry to design functional foods that affect gut microbiota and the immune system. Virtual food experiments can predict the foods that lead to the growth of beneficial microbes or reduce inflammatory responses. This aids in the development of functional foods such as probiotic yogurts, fibre snacks and nutraceuticals with bioactive ingredients. The model is a predictive model to drive formulation prior to manufacturing, saving time and money.

9. **Systems Biology and Computational Immunology:** Theoretically, the model assists systems biology by modelling diet, microbiome and immune system. It enables the study of emergent phenomena such as oscillatory immune responses, persistence of bacteria and threshold effects leading to disease. In computational immunology, it helps model the dynamics of immune cells in response to microbial stimuli and gives insight into immune tolerance and hyperactivation. This improves understanding of the complex host-microbe interactions that may be difficult to study in the lab.

10. **Future Clinical Decision Support Systems:** Finally, the model can be incorporated into clinical decision support systems (CDSS). The ODE model can be used to deliver predictive information to clinicians based on dietary information, immune and microbiome status. This can be used for dietary advice, disease progression and in real-time therapeutic monitoring. With further development and validation, it could be used in AI-powered health solutions for preventive health and personalized medicine. Overall, the coupled ODE model presents a versatile and rigorous model that can be used in clinical, biomedical, nutrition, pharmacology and public health settings. The ability to predict the interactions between diet, microbiome and immune responses is an important research and clinical tool.

8. Discussion

The results of the coupled ODE model and Smart PLS numerical simulations together show a significant interdependence between dietary patterns, gut microbiome (balance) and the regulation of immune response. The results show that dietary quality is the primary external influence that affects the internal balance, and the gut microbiome is the mediator between dietary patterns and immune response. According to the structural model, the dietary quality has a strong positive effect on the gut microbiome balance ($\beta = 0.72$), suggesting healthy and fibre-rich diets are associated with a diverse microbiome. This is consistent with biological evidence that fibre promotes the production of short-chain fatty acids that promote the growth of beneficial bacteria. Conversely, the study showed that diets high in fat and sugar are associated with microbiome imbalance, which is in line with the detrimental inflammatory effects reported in metabolic diseases. The microbiome also has a significant negative effect on the immune response ($\beta = -0.65$) and its anti-inflammatory activity. The negative relationship suggests the microbiome is negatively affecting the exaggerated immune response, and hence maintaining immune balance. This is important in chronic inflammatory diseases in which the microbiome imbalance causes sustained immune response and consequent damage. Further, the direct association of diet with immune response ($\beta = -0.48$) indicates that diet has a direct effect on immunity, in addition to the microbiome's influence. The mediation analysis reveals that the microbiome is more prominent in this process and that the microbiome is a biological intermediary system. The high model fit (R^2) for immunity (0.68) and microbiome (0.52) shows that the model is highly explanatory. This means that much of the variability in immune response can be explained by dietary-microbe interactions. The large effect sizes (f^2 values) indicate that the associations are not only statistically significant but also have a impact on substantial biological. These findings, shows that interpreted in the context of the ODE model, support the idea of a nonlinear feedback loop. Modest dietary changes can have disproportionate effects via microbial processes, which in turn influence immune responses. This supports the notion of thresholds in a system, where a sustained unhealthy diet might drive the system from a normal to an inflammatory diseased state. Overall, mathematical modelling and Smart PLS analysis are a useful combination to study diet-microbiome-immune interactions. It highlights the importance of microbiome-based interventions in disease prevention and justifies the use of dietary interventions to re-establish system homeostasis.

9. Conclusion

In this study, we investigated the dynamics between diet, gut microbiome and the immune response in human health by developing and analyzing a coupled ordinary differential equation (ODE) model combined with Smart PLS structural equation modelling. The combined mathematical-statistical model demonstrates that diet is the major external driver of internal regulatory systems, while the gut microbiome is the major regulatory system that regulates immune stability and inflammation. The results recommended that a nutritious diet, with sufficient nutrients, results in a diverse microbiome with high beneficial bacteria, which in turn regulate the immune responses, causing stability and anti-inflammatory effects. However, unhealthy diet choices, particularly high in fat and sugars, induce microbial dysbiosis, which leads to overactive immune responses and inflammation. The high path coefficients, R^2 , and effect sizes confirm the model and its biological relevance. The ODE simulations also indicate the nonlinearity and feedback loops in the system, such that small changes in diet have large outcomes. This validates the notion of human metabolism and immunity as emergent properties.

10. Recommendations

1. Microbiome-based Dietary Models: Health care practitioners should use microbiome-responsive dietary models for personalized dietary advice to restore gut and immune homeostasis.
2. High-Fibre Diets: Government initiatives should encourage dietary fibre, fruit and grain intake to promote microbial diversity and prevent inflammation.
3. Microbiome Therapeutics: Probiotics, prebiotics and postbiotics should be designed and validated to modulate the microbiome in metabolic and inflammatory conditions.
4. Integration in Predictive Medicine: The ODE-Smart PLS model can be included in a machine learning-based clinical decision support system for the early diagnosis of immune and metabolic diseases.
5. Future Research Expansion: This work should be extended in future research to include stochastic variability, genetic factors and dynamic patient data to increase model predictive performance and clinical relevance. overall research offers a robust theoretical and practical basis for investigating and regulating diet-microbiome-immune system interactions in contemporary medicine.

11. References

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