Professor Carel le Roux graduated from medical school in Pretoria South Africa, completed his specialist training in metabolic medicine at St Bartholomew's Hospitals and the Hammersmith Hospitals. He obtained his PhD from Imperial College London where he was later promoted to Reader. He moved to University College Dublin for the Chair in Experimental Pathology and he is now the Director of the Metabolic Medicine Group. He previously received a President of Ireland Young Researcher Award, Irish Research Council Laurate Award, Clinician Scientist Award from the National Institute Health Research in the UK, and a Wellcome Trust Clinical Research Fellowship for his work on how the gut talks to the brain.