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Dear Ms. Yan,

We thank you and the reviewers for your time and effort in assessing our manuscript entitled “Resilience by design: How nature, nurture, environment and microbiome mitigate stress and allostatic load.” We have followed your recommendations, and the result is a much improved version. Below, I detailed our responses to each of your queries in detail, and refer to the changes in the manuscript.

Reviewer 1:

1. “There are some modern terms, phytochemicals, adaptogen and exekines, which ordinary researchers do not see, so please add a brief explanation.”

As suggested, we now offer definitions for these modern terms.

Phytochemicals definition is provided.

Adaptogen definition is provided (p.14, lines 426-427)

Exerkines definition is provided (p.15, lines 436-437)

2. “In the section of Impact of chronic stress on brain and gene expression, epigenetics and microRNAs are mentioned. In the subsequent contents, there is a description of epinenetics, but the relationship between chronic stress and microRNA is not addressed. Please provide additional information on that point.”

We agree with the reviewer, and in order to address the relationship early on, we have added additional content that previously was in the conclusion section. (p.8, lines 226-233)

3. “In the main text, the first appearance of the term oxytocin, its abbreviation is not given and in subsequent texts it is indicated as oxytocin (OXT). Please correct this point.”

As suggested, the initial abbreviation of oxytocin was included and subsequent ones are corrected (p.9, line 275)

4. “In the reference list, some reference titles, such as 57, 61, 66, 73, 75, 89, 127, and 167, have the first letter of the word capitalized. Please unify according to the guideline.”

The Capitalization of the title words is removed. All references were unified according to journal guidelines.

Reviewer 2:

1, “Include a section where the objectives of the work are explained, what type of review is being carried out and how the bibliographic search has been carried out, in which databases and with what criteria.”

We agree with the reviewer’s opinion that the manuscript needs to be more structured in order to help the reader understand the objective of the minireview. We have removed the title “resilience and flexible adaptation” (p.3, line 80) and combined both section under “Introduction” to provide a general overview of resilience. We have added a paragraph at the end of “introduction” (p.4, line 108-118) that states the objective of the review and methodology of literature search. We also added the stated objective to the abstract (p.2, line 41-43; line 50-51)

2. “Include a discussion section in which the results are discussed, the current lines of work and where the next advances in this area are directed. The collected work should be structured.”

We have included a discussion section as suggested stating the current lines of work and next advances in this area (p.15-16, line 462-503)

3. “Include a section of conclusions summarizing the scientific contribution and lines of future work.”

We have modified the conclusion section (p.17, line 509-519)

Thank you for your time and interest in publishing our manuscript.

Sincerely,

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