

## **Not too brittle and not too stagnant might be the guidance for any ecosystem restoration**

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Recently a lot of progress has been made in the understanding of how ecosystems are best organised in terms of structure and functioning. This is welcomed knowledge because many of our coastal environments are under pressure due to human activities and human interventions. Based on a large set of biomass and carbon flow analyses via Ecological Network Analysis under R (enaR) and applied to the ecosystem of the Ems estuary we demonstrate that 1) parts of food webs should not be used as surrogate to determine the status of the entire system, 2) natural ecosystems are quite resilient because the efficiency of the carbon flows through the system is not maximized but in balance with the overhead in the system, 3) certain ENA related indicators are promising for application in management and thus also restoration.