

Probiotics

Although the pathophysiology of obesity is multifactorial, many recent studies have suggested that changes in the microbial ecosystem of the gut might be a novel approach in the prevention & treatment of obesity. The gut microbes in human colon have the capacity to ferment nutrients and secrete bioactive compounds. In addition, the gut microbiota also influences energy metabolism of the host, by regulating systems that have a crucial role in the control of nutrient absorption and metabolism, the integrity of the gut barrier, adipogenesis or hormonal status. Gut microbes also influence

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