

Enterobacteria as a Weight Loss Agent

Berlin, 18 November 2013 – Why do some people add pounds even when watching their diet – while others may stuff themselves without their bathroom scales registering even the smallest of gains? One explanation could be a difference in microbiomes, i.e. the respective communities of gut bacteria, which are often underestimated in their significance for people's physiology and well-being. Prof. Dr. Christine Lang, Berlin-based microbiologist and managing director of Organobalance GmbH, highlights this in a guest editorial for the current issue of "Biospektrum", a trade journal.

A team of researchers at Washington University of St. Louis had fed mice, which had been kept bacteria-free, gut bacteria of slim and of obese humans. Eating an identical diet, mice with the gut bacteria of obese participants gained weight, the others remained slim.

This example demonstrated yet again, "that the significance of microbiomes for the human organism remains underestimated", writes Ms. Lang. An influence of the intestinal flora on people's weight had been hypothesized for some time. "Now we have to draw the right conclusions from this new wealth of scientific data to define and make available a positive intestinal flora."

In this context, the microbiologist also referred to prebiotics and probiotics which had already been developed, namely Lactobacillus strains used to treat stomach infections or to naturally lower the amount of caries bacteria in the mouth. In addition, "now is the time to look at other microbial groups and to find out which other strains also have an effect on human organism", writes Ms. Lang with the recently researched gut bacteria in mind.

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