

## Fit or Fat? Decided by the Gut Bacteria.

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Like weight loss, weight gain is unique to every individual. In spite of heavy dieting and indulging in various physical workouts, some individuals just don't lose weight as efficiently as others. Scientists have found that, gut microbiome in an individual may be the reason for their incapability to lose weight, even with reduction in calorie consumption and increased physical activities. [1]

### Gut Microbiota is the key factor

Study showed that the gut bacteria midst individuals without weight loss differed from the gut bacteria in individuals with weight loss. The compositional and functional characteristics of the gut microbiota may have a significant role in weight loss in response to diet and lifestyle changes. [2]

### Phascolarctobacterium Vs Dialister

The increased ability of an individual to metabolise certain carbohydrates was connected with failure to lose as much weight. Unambiguously, weight loss was interrelated with the bacteria Phascolarctobacterium, and failure to lose weight was linked the bacteria Dialister. [1]

### Conclusion

At present almost all the weight loss programmes consists of strict dieting and physical activity. If the above-mentioned concept is proven by research, it may aid in rapid weight loss in morbidly obese individuals. Further research is warranted to study the effects.

### References

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2. Mayo Clinic. "Makeup of an individual's gut bacteria may play role in weight loss." *ScienceDaily*. ScienceDaily, 1 August 2018.

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