

Wellness REVIEW

Probiotics Weigh in Against Obesity

Obesity – The Struggle Is Real

If you have trouble maintaining a healthy weight and the number on the scales keeps inching up, you are not alone. In fact, as many as 63% of Australians¹ and over 65% of New Zealanders² are overweight or obese. Not just a cosmetic concern, obesity is associated with a wide range of health and metabolic conditions such as high blood pressure, high cholesterol, blood sugar imbalances and diabetes. Your healthcare Practitioner can help you take steps towards a healthier weight.

The Magnificent Microbiome

Over the last decade or so there has been enormous interest in the microbiome – the billions of microbes that live on and in the body. Researchers continue to discover how the microbiome influences numerous aspects of our existence, including the risk of becoming obese and developing metabolic imbalances.

Lowering your set-point is key to losing weight and keeping it off. This can be achieved by following the cutting edge principles in the Shake It Practitioner Weight Management Program. Shake It makes adhering to a weight loss program simple, and prevents the rebound weight gain that often occurs with diets that aren't designed for safe and sustainable weight loss.

Bacterial Balance Influences Weight

Of the many microbes resident in the gut, some are able to extract more energy from food than others. However, if you have too many of these bacteria (known as Firmicutes), then the body tends to store away this extra energy as fat, contributing to weight gain. If on the other hand, you have more of a different type of bacteria (called Bacteroidetes) then less energy is extracted from food, less fat is stored, and you are likely to be leaner. Restoring balance in the microbiome can help support healthy weight maintenance.

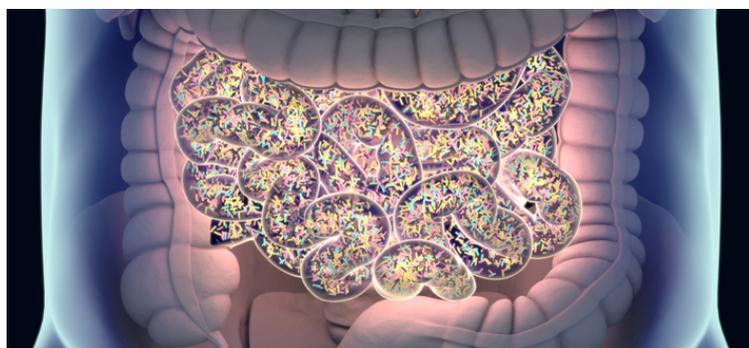
Probiotics to The Rescue

Probiotics (specific strains of beneficial bacteria) can positively influence the gut microbiome and health. Two strains in particular have been found useful in helping to control weight gain:

- *Bifidobacterium animalis* ssp *lactis* (B-420™): As well as reducing fat mass (particularly belly fat and waist circumference), B-420™ has also been shown to support healthy blood sugar levels and to reduce the 'yo-yo' weight regain often experienced after weight loss.
- *Bifidobacterium animalis* ssp *lactis* (HN019™): This probiotic strain can reduce fat storage, body mass index (BMI), and lower levels of unhealthy cholesterol. HN019™ is particularly beneficial for those with metabolic conditions.
- Sufficient protein decreases hunger. Shake It strategically addresses this by providing Shake It Shakes, Soup and Keto Bars, along with a new range of nourishing proteins (e.g. whey, collagen and pea), to also provide paleo and vegan options.

The Total Is Greater Than The Sum of The Parts

The combination of these specific probiotic strains reduces appetite, so you tend to eat less and store less fat. They also improve gut health, maintaining and repairing the gut lining and reducing the inflammation which leads to weight gain and metabolic disease. These strains have also been found to improve the amount and actions of beneficial gut microbiota in general, to support digestive and overall health.



Daily Steps Towards a Healthier Weight

What you do daily matters! Incorporate healthy habits into your life to support healthy weight:

- Choose wholefoods and protein (e.g. meat, fish, tofu) with main meals, while minimising sweet, fatty, fried and fast foods.
- Move more. Go for a walk at lunchtime, take the stairs, spring clean the house, get into gardening, or walk the dog. There are millions of ways to move – whatever the way, just do it!
- Ensure you get a good night's sleep, ideally 7 to 8 hours. Being well rested will ensure you are not looking for extra energy from food.
- Set yourself up for success by setting specific, measurable and achievable goals and meet them!

Part of a Bigger Plan

While probiotics may be taken alone to support weight maintenance and metabolic health, they work best in combination with dietary and lifestyle modification to support weight loss.

¹ Australian Institute of Health and Welfare. Risk factors to health [Internet]. Canberra: Australian Government; 2017 [updated 2017 Aug 7; cited 2017 Sept 21]. Available from: <https://www.aihw.gov.au/reports/biomedical-risk-factors/risk-factors-to-health/contents/risk-factors-and-disease-burden>

² Ministry of Health. Understanding excess body weight: New Zealand health survey [Internet]. Wellington: Ministry of Health; 2015 [cited 2018 Sep 3]. Available from: <https://www.health.govt.nz/publication/understanding-excess-body-weight-new-zealand-health-survey>