

Mayo Clinic Minute

What is the 'microbiome,' and how does it affect your weight?

| Video | Audio |
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| | Normally, you think of bacteria as something bad that you should avoid. |
| | But, turns out, most of the bacteria inside your gut play an important role in keeping you healthy. |
| 00:02:10 Purna Kashyap, M.B.B.S. Gastroenterology Mayo Clinic | “They’re sort of our silent partners inside our intestines. They will help produce vitamins. They help prime our immune system. They will help digest food, which we cannot digest. So they do a lot of important things for us.” |
| | That group of gut bacteria is called your “microbiome,” and everyone’s is completely unique based on things like where you live, what you eat and how you live your life. |
| | Dr. Purna Kashyap, a Mayo Clinic gastroenterologist and microbiome researcher, says your microbiome can affect which diseases or infections you might get. |
| | It can also affect how well you gain or lose weight because your microbiome helps determine how well your body breaks down and absorbs calories from foods. |
| | And since everybody’s microbiome is unique, that means every person responds to certain diets differently. |
| | Some people might lose weight on a specific diet, while others don’t. |
| | So if you’re eating healthy and still having trouble losing weight, blame it on your microbiome. |
| | But you can look forward to a future where you can pick an ideal diet based on your microbiome. |

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| 00:03:35 DR. KASHYAP 02: | “So if we can design diets which can be in sync with your microbiome and determine what kind of responses you have, then each of us will have a more healthy microbiome and also a more healthy life.” |
| | For the Mayo Clinic News Network, I'm Ian Roth. |