

Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



Healthy and balanced intestinal micro flora (microbiome) as precondition for maintaining and regulating normal body weight

Sasko Drvosanski
Univeristy of Bitola, Macedonia

WHO statistics from 2014 highlight the fact that there are over 1.9 billion overweight people throughout the world, out of which over 600 millions are obese. Obesity is a major risk factor for development of chronic diseases such as cardiovascular diseases, T2DM and cancer. Aside of the dietary regime and the physical activity which have direct impact on the bodyweight, the new scientific research confirms the clear distinction between the type and structure of microorganisms that colonize the intestines of a normal weight and an overweight-obese person. The purpose of this paper is to give a short review of the role and functions of the human microbiome (population of microorganisms in the intestines) from the aspect of food absorption. It explains the participation of various bacteria types (focusing on two main types of bacteria “firmicutes” and “bacteroidetes”) in the food digestion and absorption, and their direct influence on regulation of the bodyweight. Taking in consideration the information on the factors that directly impact the human microbiome’s condition, in the conclusion reached on the bases of analysis of the latest research, we present a dietary recommendations that support regulation and balance of the gut microbiome, with respect to achieving optimal health and regulated body weight. Thus we can acknowledge the necessity of healthy and balanced intestinal micro flora (microbiome) as precondition for maintaining and regulating normal body weight.

Biography

Sasko Drvosanski is a Master’s Degree student of the Nutritional Studies at the St. Clement of Ohrid University of Bitola, Faculty of Technology and Technical Sciences - Veles. He holds a BSc degree in information and communication technologies and has been professionally engaged in the field of marketing and communication for over 12 years. At present he is also a cofounder and editor in chief of a nutrition based web blog www.healthyfoodnotes.com.

drvosanski@gmail.com

Notes: