HOW TO USE PROBIOTICS FOR WEIGHT LOSS



Meanwhile other studies have shown that diets including fruits (and other high polyphenol based foods) like apples, pears, grapefruit and green tea can actually help with weight loss by promoting the .growth of beneficial bacteria in the gut

.This may explain why so many people do poorly on heavily processed foods and why patients who remove dairy and **adopt a plant based, whole food diet tend to rapidly lose weight**

?We obviously know that food can help with weight loss, but what about probiotics

.Well, just like food, probiotics have been shown to help with weight loss through a variety of mechanisms

?But are all probiotics created equal

.Not by a long shot

.For starters only certain strains and species of probiotics have been shown to be effective

:For reference please see this list of probiotics which have been clinically shown to help with weight loss

- **Lactobacillus gasseri**
- **Lactobacillus rhamnosus**
- **Bifidobacterium lactis**
- **Lactobacillus casei**
- **Bifidobacteria strains/species in general**

!A study found that participants who ate yogurt with ***Lactobacillus fermentum*** *or* ***Lactobacillus amylovorus*** for 6 weeks lost 3 to 4 percent body fat

Another study of 125 overweight female dieters found that participants taking ***Lactobacillus rhamnosus*** supplements for a 3-month period lost 50% more weight compared to the group taking a .placebo

Finally, one study found that participants taking ***Lactobacillus gasseri*** for 12 weeks lost 8.5 percent of their belly fat! Similar studies, using rodents, have confirmed Lactobacillus gasseri's weight .loss effects as has multiple studies using Japanese adults as participants

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