

Is Low Carb Bad for the Gut Bacteria_ PREVIEW

Dr. Eenfeldt: Is low carb bad for the gut bacteria?

Dr. Brukner: Well, the gut bacteria is a big thing these days, isn't it. The microbiome and so on. And it certainly seems to be an important factor in disease.

And generally speaking... Again, taking away processed carbohydrates seems to be very beneficial for the gut microbiome. And particularly eating fermented products, eating yogurts and like these, it can be very helpful. So I think the opposite is the case real.

A low-carb high-fat diet is actually beneficial for the gut and gut microbes. And certainly a lot of people will tell you... It's surprising that the number of people you put on a low-carb diet who have never mentioned to you previously that they had gut problems, but they'll tell you, "I've lost my bloating and my abdominal discomfort after meals."

And you say, "You never mentioned that before." "Oh, there's just something I have lived with for 20 years." And it's remarkable how often that happens.