

PREVIEW_ Erynn Kay - Does Fiber Make You Fat_ (Breckenridge 2017) 2

Dr. Kay: Researchers wanted to see... is leanness and obesity transferable by transferring stool? So they started with mouse-experiments here. This study there were several sets of twins where one of the twins was lean and one of the twins was obese. And these human sets of twins donated stool to germ-free mice.

A germ-free mice if you are unaware are mice that were raised in sterile environment, so no microbiome of their own, completely sterile mice. When the lean man in the twins here donated stool, and there were several sets of twins by the way, then you ended up with a lean mouse. When the obese people transferred stool you ended up with an obese mouse. That's interesting.

But then researchers took it a step further. In this experiment they took the mouse that was given lean stool and the mouse that was given obese stool and they put them in the same mouse house made of cheese... No, it wasn't, but wouldn't that be awesome? So they co-housed these mice, they fed them the same diet.

There was a mouse appropriate diet. Mice are not meant to eat a lot of fat unfortunately. They eat a high-fiber lower-fat diet. But in the case all the mice were fed the same mouse appropriate diet, the same amount of food, they were in the same little house, and they all grew up lean. Why is that happening? Anybody?