This Bacteria Turns Off Inflammation (And Most People Don’t Have It) Transcript

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Introduction to gut inflammation and F. prausnitzii

What if I told you there is a specific bacteria in your gut which is your body's natural anti-inflammatory medication because it produces anti inflammatory compounds which are responsible for reducing inflammation in the body.

But here is the bad news. Research also shows that majority of the people are low in this particular bacteria and that's the reason they are unable to reduce inflammation.

In fact majority of the probiotics which are available on the stores do not have this particular bacterial strain in them. But here's the good news. I've figured out there are some natural ways specifically certain foods and supplements which can increase this bacteria in your gut naturally.

So today I'm going to share with you this specific bacteria which might be the reason that your inflammation levels are high and how simply by incorporating certain food In your diet, you can increase this level of bacteria and reduce your inflammation in your body.

Hi, I am Dr. Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicines plans.

So as you might know, chronic inflammation is the root of each and every chronic disease. Whether you are dealing with hormonal dysfunctions, thyroid issues, weight problems, heart diseases, diabetes, or you feel bloated or tired.

Why chronic inflammation matters

All of these problems, the root causes chronic inflammation and unless you improve the chronic, inflammation, you are not going to feel better. This is where modern science has been very useful because they are looking for all the different reasons why chronic Inflammation is very high.

This is where interestingly when I was looking at the research studies, I found this particular bacteria which has multiple researches showing that the lack of this bacteria is associated with high levels of inflammation.

In fact, it was associated several autoimmune diseases also in your body. And you might be wondering which bacteria I am talking about. Now here's a kicker.

The name of this bacteria is a tongue twister. I'm going to try my level best to pronounce this Bacteria correctly. So it is Fecalibacterium prosnitsii.

Yes, you may have not heard of it ever before. But researchers have been researching this for a long time. From now on I am going to call this bacteria Fpro just so that it is easier for me to pronounce it.

What F. prausnitzii does in the gut

Alright, let me share with you the science why this FPro bacteria is the most important gut bacteria that you should be knowing about today if you are dealing with chronic inflammation.

So, Fpro is a special bacteria which is responsible for producing another chemical in your body which called butyrate. This butate is actually the fuel for your gut lining.

As well as research shows, this butrate is powerful antioxidant and reduces inflammation in the gut as well in body. Plus, research also shows that this FPro bacteria reduces inflammatory marker called TNF alpha in gut.

Now, let me share with you a couple of research studies over here. Researchers took animal models and these animals had inflammatory bowel disease, very high amount of inflammation in their gut.

These animals were given this F pro bacteria and the results were completely shocking. Because it showed that just giving this particular bacteria, the inflammatory markers in these animal reduced dramatically.

Plus, this bacteria also supported the growth of other good bacteria in their gut too. So, the researchers concluded that this particular bacteria was able to reduce inflammation not only in the gut but also systemically in its body.

Another study was done in rheumatoid arthritis, where this Bacteria afcro was given to mice which had rheuma arthritis. And again the results for shocking.

Just given this bacterial showed that the joint damage dramatically improved. Plus, again, their inflammatory markers in their blood also improved dramatically.

Research on inflammation and autoimmune conditions

There are other several research studies which showed that this F-pro bacteria was able to reduce several chemical mediators of inflammation, specifically TNF-alpha, IL-6 as well as IL 17. So clearly we have enough research which supports that F pro bacteria can be a game changer in several autoimmune conditions and as reducing inflammation in your body.

Now the next question is that what is the best way of increasing this F-probacteria? Can we do it naturally? And again, researchers have found a way to increase it in your body.

There was another research study done which showed that people who consumed a high-fiber plant-based diet had higher amount of this f-probacterium in their gut as compared to people not consuming a diet on a regular basis.

So this is where these specific foods which I am going to share with you right now are important to include in your daily routine so that way you can increase your F Pro concentration.

The first food over here is green leafy vegetables specifically spinach. Kale, arugula and lettuce are very important to include in your daily life. The second one are root vegetables.

Specifically beetroots, carrots and some sweet potatoes are again shown in research studies to increase the concentration of this F-probacteria. Then include gluten-free whole grains, specifically brown rice, quinoa, and oats.

Then comes berries, specifically blueberries, strawberries have again shown to improve the concentration of this particular bacteria. So all of these foods have shown in research studies that they feed this bacteria and increase the concentrations in your gut.

Foods that help increase F. prausnitzii

The second thing you need to include in the diet to increase this specific bacteria is prebiotic rich foods. Another research study was done where they used specific prebiotic fiber called inulin and within weeks they saw dramatic increase in the concentration of F-probacteria in their gut.

The number one food over here is chicory root. This is the food which has the highest inulin concentration in any natural food. Then comes Jerusalem artichokes.

then even onions and garlics have some prebiotics in them and then comes green bananas. So these are the foods which are specifically high in pre-biotic fibers which feed this bacteria.

Now if you cannot consume these foods or you do not have access to them then the alternate way is buying a

supplement of inulin powder and using it for at least four to six weeks so you can increase the concentration of this Bacteria.

Then the last way of increasing this particular bacteria is what I call as a cross feeding secret. Fpro has a secret friend in your gut which is another bacteria called bifidobacterium.

Bifido bacterium makes acetate in the gut and this acetates your fpro bacteria uses to make butyrate. So whenever you are consuming a probiotic which is high in Bifidobacterium, it also increases the concentration of F-probacteria.

Prebiotics, inulin, and probiotic support

So for this, the easiest way to do would be to buying a Probiotic which high is in different strains of BIFIDOBACTERIUM. A minimum of 20-30 billion probiotics strains is what you need, so that way you can support your BF and also support F.

So here you go, these are the three easy steps that you can do on a regular basis which is healthy in general also but will specifically increase this F-probacteria in your gut and that can significantly lower inflammation in the gut as well as lower the inflammation all over your body.

So if you are that person who is suffering from chronic inflammation, you're feeling that joint pain, bloating feeling and you are struggling with weight issues plus you're constantly battling brain fog, fatigue or tiredness then this particular bacteria might be your key because as you saw the research is very clear that people who have high amount of inflammation in their body are low in this particular bacteria.

Three-step protocol and closing advice

Unfortunately, there is no probiotic currently on the market which is giving you this bacteria, you can only increase it by following the 3 step protocol that I gave to you above.

So, include this protocol and see within few weeks whether your gut inflammation is lower and whether you are seeing a difference in your inflammation levels.

I hope you like this video. If you do, please like and subscribe to my channel so you keep on getting this kind of information in the future also. Plus, share this with others who can benefit from this information.

Until next time, take care, bye bye.