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# Could germs be making you fat? | Reuters

For a long time, modern medicine has focused on killing germs and bacteria. However, there are good bacteria and bad bacteria in our bodies and we need to consider both when we look at overall health.

In this new research, it is shown that bad bacteria can lead to inflammation (this is starting to be recognized as a big problem related to health and weight). It appears that this certain bacteria may cause you to eat more.

Check out the quote from the article then click the link at the bottom to read the whole article.

"Previous research has suggested that bacteria can influence how well energy is absorbed from food, but these findings demonstrate that intestinal bacteria can actually influence appetite," Gewirtz said.

"The obesity epidemic is driven by people eating too much, but why are people eating more?"

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