



## #WEIGHTLOSS

# How your gut microbiota can help you eat less in a natural way!

The BENEО-Institute invites you to a media briefing and expert exchange at the Food & Nutrition Conference & Expo™ on how to positively affect your gut microbiota to eat less and improve your metabolism.

Why is weight loss so difficult? This is a concern for many health professionals in the field. The rapidly growing science of the role of gut microbiota in weight management is leading to an increased interest in the quality of carbohydrates and, more importantly, of dietary fibers. They play an important role when it comes to influencing the gut microbiota.

**Dr. Raylene Reimer** (Ph.D., R.D.), Associate Professor in the Faculties of Kinesiology and Medicine at the University of Calgary, will explain how prebiotic fibers from chicory root benefit the gut microbiota and how this relates to successful weight management.

### Topics include:

- The role of the gut microbiota in obesity and insulin resistance
- The gut-brain axis and its effects on appetite and mental health
- Ways to positively influence the gut microbiota
- Prebiotic effects on body weight management and body composition, satiety and energy intake in adults, children and during pregnancy
- Prebiotic effects on inflammation and glucose control

The media briefing includes a healthy light lunch as well as ‘food-for-thought’!

### When:

Sunday, October 22, 2017  
 12:00 noon – 1:00 pm  
 Lunch will be available at 11:45 am

### Where:

McCormick Place West, Chicago,  
 Room W-471 A

### For more information please contact:

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