# ÄT DIG FRISK – Revolutionerande forskning och enkla kostråd för ett längre och friskare liv av Dr William Li

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#### Kapitel 7

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exposed to zeaxanthin, and the rest received untreated stem cells. After seven days, the plain stem cell therapy had decreased the liver damage by roughly half. However, in mice who received stem cells that had been treated with zeaxanthin, the stem cells reduced liver damage by an impressive 75 percent in the same period of time. The results of this study suggest that eating zeaxanthin-containing foods may help the performance of our stem cells for organ regeneration.

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People's Hospital, Sichuan University, and the People's Hospital of Leshan in southwestern China found that mangiferin could increase insulin secretion in mice by increasing the number of beta-islet cells in the pancreas by 67 percent and by activating genes for regeneration and insulin production (33). Other scientists have shown mangiferin can stimulate bone regeneration (34). These experimental studies injected mangiferin, so the doses cannot be directly translated to mango consumption, but the results demonstrate the remarkable activity of the bioactive.

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shoots affects the gut microbiome and obesity.59 In the lab, researchers fed mice either a low-fat or a high-fat diet. They then added bamboo fiber (the equivalent of eating one- third cup of bamboo shoots daily in humans) into their food for six weeks and measured the weight, glucose tolerance, adipose (fat) tissue, and microbiome of the mice. The bamboo had a significant impact. In mice eating a high-fat diet, adding bamboo decreased the amount of weight gain by an impressive 47 percent. Fat development was reduced by 30–50 percent in their abdomen and pelvis and under the skin with bamboo. When the researchers looked at the microbiome, the mice eating bamboo shoots had a 45 percent increase in bacterial diversity in their gut.

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\* Scientists from Penn State University studied this effect by feeding healthy mice chow made with a small amount of white button mushroom (1 percent by weight) or just normal mouse chow for six weeks. In the mushroom chow group, each mouse ate the equivalent of only one five-hundredth of an average-size white button mushroom each day. Researchers collected and analyzed blood, urine, and fecal samples throughout the experiment. Urine tests showed that mice eating white mushrooms had a sevenfold increase in levels of an acid called hippurate, an indicator of microbiome diversity and health.70 Mushroom consumption also both increased protective gut bacteria (Bacteroidetes and the bacteria phylum Verrucomicrobia, which includes the desirable Akkermansia) while decreasing harmful species from the Firmicutes phylum. At the end of six weeks, the researchers challenged the mice by exposing them to a harmful bacteria Citrobacter rodentium that infects the gut. The scientists found that

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#### Kapitel 11

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