

Australian scientist states that a plant-based food improve gut health & immune system of people with diabetes

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The clinical trial was funded by JDRF Australia.

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“People with 1 diabetes have shown altered gut microbiota and reduced production of short-chain fatty acids in stools and blood. We previously have demonstrated that the supplement used in this human study protected mice from diabetes (Marino et al., Nat Immunol 2017),” said Dr Marino.

“We were very excited to find that blood immune cells had become more regulated. Because type 1 diabetes is caused when the immune system becomes too activated and attacks the insulin-producing cells in the pancreas,” said co-lead Associate Professor Hamilton-Williams from the University of Queensland.

“Type 1 diabetes is a lifelong autoimmune disease that is on the rise with no cure. Individuals living with type 1 diabetes depend on insulin treatment. As a consequence, they can develop late life-threatening inflammatory complications, such as kidney failure, neurological and cardiovascular diseases,” said co-lead Associate Professor Sonia Saad, University of Sydney