What is claimed is:

1. Use of the strain *Bifidobacterium longum* YH295 in the preparation of pharmaceutical products for increasing counts of *Lactobacillus* and/or *Bifidobacterium* in the gut.

2. Use of the strain *Bifidobacterium longum* YH295 in the preparation of pharmaceutical products for upregulating expression of the intestinal regenerative gene and transmembrane binding protein content.

3. Use of the strain *Bifidobacterium longum* YH295 in the preparation of pharmaceutical products for lowering the level of plasma endotoxin and/or intestinal inflammatory factors.

4. Use of the strain *Bifidobacterium longum* YH295 in the preparation of pharmaceutical products for the prophylaxis and treatment of abdominal obesity.

5. Use of the strain *Bifidobacterium longum* YH295 in the preparation of pharmaceutical products for the prophylaxis and treatment of nonalcoholic fatty liver disease (NAFLD).

6. The use according to any one of claims 1 to 5, wherein the concentration of the viable *Bifidobacterium longum* YH295 is independently 10^6-10^9 CFU/mL or 10^6-10^9 CFU/g.

7. The use according to any one of claims 1 to 5, wherein the strain *Bifidobacterium longum* YH295 is deposited at China General Microbiological Culture Collection Center (CGMCC) under the accession number of CGMCC No.14093.