



## Benefits of Probiotics

The term “probiotic” originates from a Greek term meaning, “for life.” These friendly bacteria are often associated with healthy digestion and they live naturally in foods like plain unflavored yogurt, sauerkraut, miso, tempeh, kimchi, kefir and even pickles. However, a myriad of scientific research now links the life-active cultures contained in probiotics to both the prevention and treatment of various health conditions.

Our digestive system normally has what we would call “good” bacteria and “bad” bacteria. Maintaining the correct balance between the “good” bacteria and the “bad” bacteria is necessary for optimal health. Things like medications, a poor diet, diseases, and your environment can upset that balance. Is your body able to handle this on its own or do you need to start including probiotics in your diet? For most individuals the answer is a definitive yes, you need to include it in your daily supplementation. Why you may ask? Listed below are a few reasons.

Probiotics:

1. Enhances and optimizes digestion. If you need a little digestive support, (which most people with a Western diet need), taking probiotics in supplement form might give you the boost you need by preventing lactose intolerance and helping the body digest milk products more comfortably and efficiently.
2. Improves absorption. If you want to get the most nutritional value from the foods that you eat-taking a probiotic has been shown to optimize the synthesis of vitamins minerals in the foods we eat. For example, probiotics are especially effective for helping the body absorb calcium and B vitamins.
3. Safeguards against infection. You may have never associated probiotics with their ability to protect and guard the body from foreign invaders. However, like a knight in shining armor, probiotics are credited as the bodies guardians when it comes to safeguarding against all sorts of infections. For example, probiotics are linked to decreasing reoccurring yeast infections, urinary tract infections, as well as with defending against acne and E. coli contamination.
4. Strengthens immunity. Taking a probiotic supplement and consuming probiotic-rich foods will increase and maintain healthy intestinal flora in your digestive tract. A healthy digestive tract is linked directly to a stronger immune system due to the increased production of one immune system responder, known as lymphocytes.
5. Improves bowel function. Healthy bacteria prevent stool from being too loose (diarrhea) or too difficult (constipation). This is why many people who experience bowel movements that are not as comfortable, regular, or complete as you would like, try probiotics. Probiotics also, help protect people when traveling to other countries reduce the probability of experiencing travelers diarrhea.

6. Reduces allergies. Although research is still being conducted and is not completely conclusive-a diet rich in probiotics has been credited with reducing our bodies allergic response. In fact, one study showed that expectant mothers who took a probiotic birth babies with 30-percent less infant allergies (i.e. Allergy -induced asthma, inflammation and childhood eczema).

7. Promotes detoxification. Probiotics are known to help the body detoxify naturally. Rather than picking up a store-bought cleansing Kit to aid detoxification or colon cleansing, an individual can try incorporating probiotic-rich foods into their diet (a natural detox). In addition, probiotics have been linked to fewer instances of peptic ulcers and reducing chronic bad breath (halitosis) because of their detoxifying abilities.

8. Helps prevent the damage of antibiotics. When we take antibiotics to help us get over a viral infection, we often times killed many of the forms of the healthy bacteria in our digestive tract. This is because the pharmaceutical drugs do not necessarily differentiate between healthy absorbing bacteria in the illness-causing bacteria, which is why you may experience indigestion and diarrhea following a round of antibiotics. This increased susceptibility due to a lack of good bacteria should be a concern to everyone taking any form of antibiotic. Even one episode of an antibiotic should be considered a concern and interest accordingly.

9. Promotes women's health. Like our digestive tract, a woman's vagina also requires a delicate balance of good and bad bacteria to function properly. If the bacteria balance is disrupted, various types of infections-such as yeast infections or bacterial vaginitis will occur. However, taking an orally or vaginally inserted probiotic can help maintain healthy vaginal bacteria prevent recurring infections.

10. Prevents urinary tract infections. The urinary tract also requires a balance of good and bad bacteria. This again is why taking probiotics can prevent frequent urinary tract infections, particularly after taking antibiotic drugs. Studies from the University of Maryland Medical Center recommend taking probiotics to prevent bad bacteria from overtaking the urinary tract-while colonizing the urogenital tract with adequate healthy bacteria.

However, not all supplemental probiotics are the same. A high-caliber probiotic formula will contain at least 10 superior and viable strains which are non-dairy, high potency, acid and bile resistant (which means it survives in the stomach acid), is stable at room temperature for up to 2 years, fortified with pre-biotics, packaged in vegetable capsules for easy digestion or can be available in a straight powder form. Also, the formula you should choose should contain the patented, DDS-1 culture, which has a long-standing scientific validation and proven ability to colonize in the human gastrointestinal tract. DDS-1 produces enzymes, such as proteases and lipases, which can help the breakdown of proteins and fats. Often times a high quality probiotic formula will also be fortified with pre-biotics, such as Jerusalem artichoke flour and short-chain inulin. The pre-biotics feed probiotics selectively and enhance the growth in the intestines.

Good health begins with the body's ability to absorb essential nutrients and eliminate metabolic byproducts and toxins. Quality probiotic health products give your entire family the help they need to maintain proper digestion.

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