

Benefits of Probiotics

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There may be some confusion as to why a person would intentionally ingest a bacteria when we are constantly taking antibiotics and using antibacterial soaps and lotions to rid us of bacteria. However, the right bacteria in the right place can have benefits.

Probiotics

Lactobacillus and *Bifidobacterium* are commonly discussed probiotics that may be able to prevent and treat some illnesses. Studies have shown that benefits of probiotics include: significant improvement in cognitive functioning in those with Alzheimer's disease; treatment of irritable and inflammatory bowel disease, infectious and antibiotic related diarrhea; treatment of skin conditions like eczema; improving oral health; and preventing allergies and colds.

Probiotics can be found in foods like:

Kefir. The most ideal probiotic dairy product because it contains both bacteria

and yeast working together to provide numerous health benefits. In a recent eight week study, people with diabetes were given kefir milk and their hemoglobin A1C (blood test for diabetes) were significantly lower.

Kimchi. Kimchi is fermented vegetables such as Chinese cabbage, radish, green onion, red pepper powder, garlic, and ginger. A recent study has linked the health benefits of kimchi to anti-cancer, anti-obesity, colon health promotion, cholesterol reduction, brain health promotion, immune promotion, and skin health promotion. If you have never tried Kimchi, it is spicy and very delicious!

Yogurt. Yogurt contains 4 different types of probiotics with research showing positive effects such as reduced risk for gastrointestinal disease and improvement of lactose intolerance, type 2 diabetes, cardiovascular disease, allergies, respiratory disease, as well as improved dental and bone health.

Probiotic Supplements:

Probiotics can also be found in supplements. When considering a probiotic supplement, it is important to consider:

CFU (Colony-Forming Units). CFU is the total count of all the bacteria in the probiotic. The probiotic is only effective in adequate amounts.

Strain. Strain is the total number of different types of bacteria in each probiotic. Strain affects the types and levels of benefits that you will notice from taking the supplement.



Per the Consumer's Health Report, the Top 5 Probiotics of 2017 include:

1. **BlueBiotics Ultimate Care.** BlueBiotics Ultimate Care has 61 billion live probiotics per serving (CFU), 11 proven strains, endorsed by many doctors, highest percentage of living cultures, and contains *S. Boulardii*—possibly the most effective, but most expensive, probiotic strain.
2. **Ultimate Flora Critical Care.** Ultimate Flora Critical Care has 50 billion live probiotics (CFU), 10 strains, ideal for those who do not have any pressing health issues but are looking for a general supplement for well-being.
3. **Florastor Probiotics.** Florastor Probiotics contains a potent single strain probiotic that is the 'go to' probiotic for antibiotic associated diarrhea.
4. **Align Probiotic.** Align Probiotic also contains a single strain antibiotic that has been shown to be very effective in addressing a variety of digestive tract issues and a good general supplement for well-being
5. **Trubiotics.** Trubiotics contains 2 proven strains (*Lactobacillus acidophilus* and *Bifidobacterium animalis*) and has a high percentage of living cultures.

Selecting Probiotic Supplements:

Is choosing a probiotic supplement, it is important to know:

- The genus, species, and strain of the probiotic
- The number of organisms that will be alive by the use-by date
- The dose
- The company name and contact information
- Whether the company has been around for years; as those probiotics may have been tested and studied over and over
- Whether a third-party certifier (like ConsumerLab or the USP) had deemed the probiotic to be found safe and reliable

Most importantly, speak with your doctor before taking any supplement as they may interact with medications you may be taking.

<http://consumershealthreport.com/probiotic-supplements/bestprobiotics/>

<http://www.webmd.com/digestive-disorders/best-way-use-probiotics#2>

<https://images.search.yahoo.com/search/images;>

