Women's Health Library

Boost Your Immune System with Probiotics

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

See our full line of premium quality supplements at Our Store:

FreedomFromMenopause.com

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Beneficial bacteria known as "probiotics" line the human intestinal tract. Over 100 trillion of these "good" bacteria dwell on the walls of the intestines. Most probiotics in food are found in yogurt, fermented milks (like kefir) and even some fermented cheeses. Probiotics also come in capsule or liquid dietary supplement form, making consumption of probiotics easy and convenient.

What do these good bugs do? Lactobacillus acidophilus, Bifidobacterium and other strains keep your digestive system on track. They help reduce toxins and stimulate the immune system indirectly by preventing the attachment of pathogenic (bad) bacteria to the intestinal lining, thereby preventing entrance to the immune system. Balance is key—an imbalance of bad versus good bacteria may lead to digestive problems. Factors such as stress, an unhealthy diet, taking antibiotics, old age, and food poisoning deplete levels of good bacteria.

For many, it's easy to tell beneficial bacteria levels are low because problems arise such as bloating, gas, and irregularity. Taking a probiotic supplement may help combat these problems mentioned and colonize the small and large intestines. Compare it to sending the military to the inside of your digestive tract to fight against the bad guys: the good guys take over. Let's take a look at a few of the main strains of beneficial bacteria and what they do:

Lactobacillus acidophilus—A type of beneficial bacteria residing predominantly in the small intestine. L. acidophilus releases lactic acid, hydrogen peroxide, and other byproducts that make the environment hostile for undesired organisms. It produces lactase, the enzyme that breaks down milk sugar (lactose) into simple sugars. People with lactose intolerance do not produce this enzyme and many incur digestive problems. For this reason, L. acidophilus supplements may be beneficial for these individuals.

Bifidobacterium—A type of beneficial bacteria that colonizes the large intestine. Interestingly, it exists in a breast-fed newborn infant within the first few days of life. Bifidobacterium and other friendly flora serve several purposes in our digestive system: Bifidobacterium provide another layer of protection and reinforce the barrier of the GI tract from the outside world, limiting the passage of potential allergens and pathological organisms into our blood. It also contributes to the availability of vitamins such as vitamin K, biotin, pantothenic acid, and vitamin B12.

Streptococcus thermophilus—A type of beneficial bacteria that resides within the large intestine. Found in cultured dairy products such as yogurt, it helps produce lactase for lactose intolerant individuals and helps to fight against pathogenic bacteria.

Keep in mind—don't let the "bad" bugs take over the "good." Take a probiotic supplement daily to maintain the level of beneficial bacteria in your system in addition to eating products that contain these micro flora. Consider trying our product called **Probiotic Quattro**, which contains four strains of beneficial bacteria: Lactobacillus acidophilus, Bifidobacterium, Streptococcus thermophilus, and Lactobacillus delbrueckii. The bacteria are enclosed in a polysaccharide matrix that forms a gel when rehydrated and survives passage through the stomach to get to the intestines, where it can replenish the good bacteria. This product does not require refrigeration, making it a convenient product for today's active lifestyle.