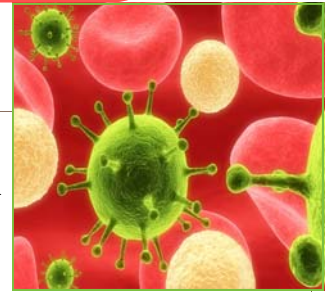


Probiotics



What Are Probiotics?

Probiotics are actually bacteria. You may think of bacteria as being bad for your body, but what you may not know is that there are certain bacteria (called “friendly” or “beneficial”) in your body that are vital for your existence. These bacteria take residence in your body (the gut) to support a healthy immune system and fight off the harmful bacteria that comes your way. Probiotic simply means “for life”. A more scientific definition is; *A live microbial feed supplement, which beneficially affects the host by improving its intestinal microbial balance.*

How can they boost your immunity?

Probiotics are an army of billions strong that fight for your health every day. The way that they “fight” is by doing a balancing act within your intestines to create an “unfriendly” environment for the harmful bacteria. Basically this prevents the “unfriendly” bacteria from growing within your intestines. Probiotics also prevent the overgrowth of yeast and fungus. Good health depends upon more than 400 different types of friendly probiotics that inhabit the digestive tract.

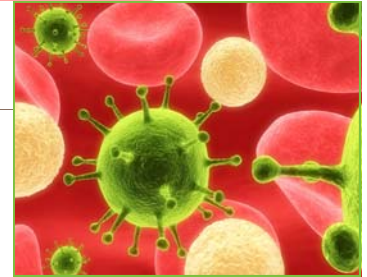
Here are just a few of the things that research has shown they do inside our bodies:

- Improve digestion
- Reduce food allergy responses
- Lower cholesterol levels
- Regulate Hormones
- Boost Immunity
- Increase resistance to infections
- Relieve symptoms of irritable bowel syndrome (IBS)
- Relieve symptoms of thrush
- Reduce the risk of certain cancers.

What is the best type of probiotic to take?

There have been many studies done stating the health benefits of taking probiotics every day. We can get probiotics from food sources, but they are found in much higher potencies in supplements. There are many different types of foods that provide probiotics for your body, however, if you are on a regimen of antibiotics then a higher potency, such as that found in a supplement is suggested. Just so you know, antibiotics are there to kill the bacteria causing your illness, however, they do not know the good bacteria from the bad, so **they kill everything**. Therefore it is very important to replace the good bacteria with a probiotic supplement. The best supplement is going to be one that has at least 2-4 billion organisms, is enteric-coated (isn’t killed by your stomach juices and makes it to your intestines before it’s broken down) contains FOS* and is from a reputable company.

Probiotics



Who should take probiotic supplements?

Everyone can benefit from taking a probiotic supplement. Taking care of your immune system is important and this is just one more piece of optimum health. There are a few companies that carry specific “kid-friendly” options as well. It is important to remember that you want the probiotic to be enteric-coated, but kids typically will not swallow pills, so these forms of probiotics (liquid or chewables) are much better than nothing at all.

When should it be taken?

The best time to take probiotics is 20 minutes before a meal to minimize their destruction by gastric acids in the stomach. They can also be taken between meals with a full glass of water. If you have been told to take them specifically for aiding digestion, then you will need to take them with your meals.

Should I take it while on antibiotics?

Definitely. There is conflicting evidence out there as far as if it should be taken after, instead of during an antibiotic regimen, but what we’ve found is that it doesn’t hurt you to take it during. If anything it will make your immune system that much stronger in fighting off infection. A good dose to take during antibiotic treatment is in the 6–25 billion organism range (a maintenance dose would be 2–4 billion). These should be taken as far away from your antibiotics as possible. (Ex. If you take your antibiotics every 8 hours, take the probiotics 4 hours after you take the antibiotic). The probiotics should be continued for a week to a month after antibiotic treatment is complete. You may also continue on the lower dosage (2-4 billion) beyond that time as “maintenance”.

What are Prebiotics?

Prebiotics are the nutrients that feed and nourish the probiotics. Foods that contain these nutrients are called “prebiotic foods”. Here is a list of a few prebiotic foods: oatmeal, flax seeds, barley, bananas, garlic, Jerusalem artichokes, onions, soybeans and *FOS (fructo-oligosaccharides). FOS can be found in most probiotic supplements, therefore making it easy to get both your probiotics and prebiotics at the same time.

What are some brands to purchase probiotics from?

Jarrow Formulas – **Jarro-Dophilus + FOS (3.4 billion organisms)**

Enzymatic Therapy – **Acidophilus Pearls (10 billion organisms)**

Udo’s Choice – **Super 8 Hi-Potency Probiotic (30 billion organisms)**

***You can find these and other forms of Probiotic/Prebiotic formulas at your local Vitamin Cottage, Whole Foods or other Natural Foods store.*

Please contact **Maximized Health Wellness Center** if you have questions or need additional information.