

# Wellness REVIEW

## Probiotics - Replenishing the Fragile Ecosystem That Makes You, You!

### Life Inside You

Bacteria are critical for human survival, living both within and on your body. It may sound unappealing, but having the right types of bacteria in the right balance can help your body function optimally. For every one human cell in your body, there are ten bacterial cells; this means you are about 1% human and 99% bacteria! There are billions of different types of bacteria in your body, all playing different roles to keep your health in check. When these bacteria are out of balance, it can make you susceptible to digestive symptoms and conditions, such as irritable bowel syndrome (IBS); as well as having an impact on immunity, allergies, metabolism, and skin health. Probiotics are beneficial bacteria that can have positive effects on health. The right probiotic can bring your body back into balance.



### Benefits of a Good Probiotic

The average Western diet is not optimal to keep your bacteria in balance. You need a good balance of beneficial bacteria to keep your immune and digestive systems healthy, as well as playing a role in many other functions in your body. In order to achieve and maintain this healthy balance, use a good quality, high potency probiotic supplement. As different strains of probiotics have different actions in the body, it is crucial to use a strain that is specific for your individual needs. The right strain will help your body to replenish and grow your own unique strains of bacteria that only you have. Some strains of probiotics have the ability to influence your digestive flora for a more harmonious balance.



### Probiotics for a Range of Health Conditions

Scientific studies support the therapeutic use of specific strains of probiotics for different conditions. For the best results, it is important to use the right strain to match your health concerns. Your Practitioner may prescribe the following probiotics:

Probiotic Strain	Benefit to You
<i>Lactobacillus acidophilus NCFM®</i> and <i>Bifidobacterium lactis Bi-07</i>	These strains are suitable as an everyday probiotic to help maintain healthy gastrointestinal function, and restore healthy gut flora, especially after a course of antibiotics.
<i>Lactobacillus rhamnosus LGG (LGG®)</i>	A restorative strain, beneficial for food allergies and eczema.
<i>Saccharomyces cerevisiae (boulardii) SB</i>	A protective strain suitable for the prevention and treatment of travellers' diarrhoea.
<i>Lactobacillus plantarum 299v</i>	An anti-inflammatory strain to reduce the symptoms of IBS and inflammatory bowel disease.
<i>Bifidobacterium lactis HN019</i> and <i>Lactobacillus rhamnosus HN001</i>	These strains may reduce the symptoms and incidence of colds and flus by boosting immune system function.

### Getting it Right

There are many different probiotic supplements available today; your Practitioner can help select a quality probiotic supplement just for you. Probiotic drinks, yoghurts, and even probiotic lollies may not contain beneficial bacteria at a therapeutic dose, and nor do they provide specific probiotic strains to target your individual health needs. A Practitioner prescribed probiotic will provide high strength, therapeutic doses of bacteria that will be beneficial in managing your health.