

## What Is A Probiotic And How Can It Help?

Probiotics are dietary supplements containing potentially beneficial bacteria for the small and large intestines. Probiotics, which means "for life", have been used for centuries as natural components in health-promoting foods. This beneficial bacterium is important in recolonizing the intestinal tract with good bacteria during and after antibiotic use as well as supporting overall health and wellness.

Probiotics are not the same thing as prebiotics which are non-digestible food ingredients that selectively stimulate the growth and/or activity of beneficial microorganisms already in the human colon. Probiotics are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. The use of good probiotics is important in healing many chronic gastrointestinal problems that are so often associated in those with autism spectrum disorder (ASD) and IBS.

One study performed in a 4-week, double-blind, placebo-controlled trial of 60 individuals with IBS, probiotics treatment with lactobacilli showed markedly beneficial to slowing down the bowels and reversing IBS. Two Scientific studies over the last 50 years show that probiotic organisms can improve the nutritional quality of foods, produce antibiotics, anti-carcinogens, and substances that break down and recycle toxins for their human host.

Historically, people used fermented foods like yogurt and sauerkraut both as food preservatives to limit spoilage, and to support their intestinal and overall health. Fermented foods such as sauerkraut also contain probiotics. Today probiotic bacteria such as Lactobacillus and Bifidobacterium are added by food manufacturers to fermented foodstuffs to improve their nutritional value.

There are, however, other foods that may contain added probiotics, such as sour cream, fruit juices and buttermilk. Food ingredient suppliers are now making it easier to add probiotics and prebiotics to foods and beverages by offering blends of synbiotics with the right proportion of pro- and prebiotics to obtain the desired beneficial health effects, as well as improved survival of the live bacterium strains.

Beneficial bacteria thrive and work with your digestive tract and immune system, along with Essential Fatty Acids, to protect you against illness and disease. It is also important to have a healthy balance of beneficial microbes to avoid sickness and disease and to keep your body stay nutritionally sound. Probiotic beneficial bacteria are involved in every aspect of your health. Along with beneficial bacteria, we show how supplements such as Essential Fatty Acids and Green foods provide the foundation for good health and provide a nutritional base for probiotics to grow and flourish in the body.

The most common form for probiotics are dairy products and fortified foods. Probiotics are products aimed at delivering living bacterial cells to the gut ecosystem of humans and other animals, whereas prebiotics are non-digestible carbohydrates delivered in food to the large bowel to provide fermentable substrates for the friendly bacteria to grow and thrive.

Probiotics are available to consumers mainly in the form of dietary supplements and foods. Because candida infection is very common due to overuse of antibiotics, several studies suggest that probiotics may be effective at preventing candida overgrowth as well as reversing it; candida is a good target pathogen for future probiotic research.

Although they are thought to be essential for health, because they can sustain themselves in the body under normal circumstances, there is no recommended daily intake of probiotics. By consuming foods with probiotics, you can increase the number of healthy bacteria, boost your immunity, and promote a healthy digestive system. If you can not eat the foods that contain friendly bacteria, there are always probiotic supplements available from your local health food store. As always, it is best to check with your doctor or health care provider before starting any new supplements with medications. Probiotic formulas are a safe and effective means to deliver friendly bacteria to where it is needed, the colon.

## About the Author

More information on [probiotic supplements](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>