



-The Health Benefits of Probiotics-

Is there such a thing as “good bacteria”?

Probiotics, a word that means “beneficial to life”, are live cultures or bacteria. When probiotics are consumed, they provide health benefits beyond that of basic nutrition. Researchers have conducted several studies on bacteria that have shown many strains to be essentially good-for-you bacteria. These strains of bacteria have an ability to promote healthy gastrointestinal functions, increase immunity, lower cholesterol levels and help prevent the development of cancer-causing toxins throughout the body.

How do probiotics work?

Probiotics replenish beneficial bacteria levels in the gut to create a healthy gastrointestinal system. When the beneficial bacterium begins to settle into the intestines, they multiply and divide, fighting off the harmful bacteria. This process actually cleans out the gastrointestinal tract, leaving behind a neutral and more balanced environment that creates and favors a continuous growth of beneficial bacteria. As the bacteria continue to grow, the number of vitamins and enzymes increase which contributes to greater nutrient absorption and easier digestion of food.

How are probiotics identified?

Probiotics can be taken in a supplemental form or they may be added to fermentable products such as milk and yogurt. Not all products will have the same benefits mainly because different brands will vary greatly in their bacterial composition and potency. These two factors may be caused by freezing of the product, for example frozen yogurt, or other processing factors. Other factors include time from expiration date and the temperature at which the product is being stored.

In order to benefit your health, you must be certain that you are consuming live bacteria. Some products may indicate that they contain “live and active cultures” on the label. If the label does not indicate that cultures are live and active, you may find the probiotic information on the ingredient label. To be beneficial to your health a probiotic will contain at least 1 billion bacteria per serving.

Why should you add probiotics to your diet?

Consuming probiotics is an easy way to help combat infections (bacterial, viral and fungal), lifestyle stressors (i.e. alcohol consumption, travel) and chronic diarrhea. Probiotics also promote and maintain a healthy balance of both good and bad bacteria in our bodies. They especially play an important role in our digestive systems and colon health.

What products contain probiotics?

A product line that is highly recommended by Eric Castiglia the Director of Research & Development for Nino Salvaggio’s, which meets the criteria for a true probiotic is Lifeway Kefir. They are the gold standard in probiotics. The Kefir line includes milk, smoothies, yogurt, cheeses etc. This beverage doubles the daily intake recommended by doctors. Drinking Lifeway Kefir provides you with the necessary probiotics and nutrition for your body.