



Probiotics

Friendly Bacteria for Your Digestive System

Did you know that your digestive tract contains more than 400 types of “friendly” bacteria?

They are commonly referred to as probiotics. They help reduce the growth of harmful bacteria and promote a healthy digestive system.

Health Benefits:

When the digestive system is kept healthy, other body systems greatly benefit as well.

Probiotics may:

- Protect against infection
- Enhance and boost the immune system
- Promote and improve digestive health
- Alleviate diarrhea caused by antibiotic treatment
- Promote urinary and genital health
- Assist in the management of inflammation
- Help alleviate symptoms of lactose intolerance
- Improve some types of eczema in infants and children
- Reduce cholesterol levels
- Decrease the risk of certain cancers

Each type of friendly bacteria has a specific health benefit to the body.



Look for yogurt that contains the “active and live culture” culture sign on the label.



Food Sources:

- Yogurt
- Drinkable and squeezable yogurts
- Fluid milk with added probiotics
- Fermented milk such as sweet acidophilus milk
- Kefir

Source: http://www.sparkpeople.com/resource/nutrition_articles.asp?id=576

For more information visit us at www.kanehealth.com/coalition.htm
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