

Benefits of Probiotics

Reduce antibiotic-associated diarrhea, may help Crohn's disease and irritable bowel syndrome, prevent and treat vaginal yeast infections and urinary tract infections, reduce bladder cancer recurrence, speed treatment of certain intestinal infections, prevent and treat eczema in children, prevent or reduce the severity of colds and flu

Although more research is needed, there's encouraging evidence that [probiotics](#) may be helpful.

Most [probiotics](#) are bacteria similar to those naturally found in people's guts, especially in those of breastfed infants (who have natural protection against many diseases). Examples of foods containing [probiotics](#) are yogurt, fermented and unfermented milk etc. as well as some juices and soy beverages.

Probiotics are considered to be both safe and effective for preventing and treating antibiotic-associated diarrhea and infectious diarrhea. The probable mechanism of action may be a combination of direct competition between pathogenic bacteria in the gut and immune modulation and enhancement.

They can help minimize and treat painful inflammation. Inflammation can be a healthy response to an infection or injury in the body; excessive inflammation can be painful and cause tissue damage. Studies show that the regular intake of certain probiotics minimizes inflammation.

To get all these health benefits, start working probiotics into your diet.

[Order your probiotics here.](#)

References: [Family Health Guide](#) [Medicine.net](#) [Mayoclinic](#) [Medscape](#) [3Fat Chicks](#)