

PROBIOTICS: The New Trend in Supplements

Consumers have been looking to find out more about the benefits of utilizing probiotics in their diets, including; Relief for Irritable Bowel Syndrome (IBS), stress relief disorders, anti-depression, and weight loss. Probiotics are live bacteria that work by recolonizing the small intestine and crowding out disease-causing bacteria, thereby restoring balance to the intestinal flora.

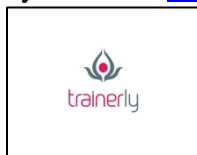
The independent research group, ConsumerLab.com, reported an overall decline of 58% among women in purchasing and taking popular nutritional supplements such as; Vitamin C, Calcium, and fish oil. They also found an increase of probiotics sales of 35% in the same 2013-2013 period. A 2011 study in the "Proceedings of the National Academy of Sciences" reports a decrease in stress-induced corticosterone, anxiety, and depression related behavior in their studies with the use of L.rhamnosus (JB-1), a probiotic. The British Journal of Nutrition reported in their December 2013 journal that women taking probiotics lost an average of 11 pounds over a 12 week period, as compared to 5.7 pounds for those taking a placebo during this same period. Researchers at UCLA found that women who consumed probiotic yogurt twice a day over four weeks responded better to emotional reactivity tests, as compared to regular yogurt.

We can get probiotics in our foods without taking supplements and they include; Greek style yogurts, kefir, sauerkraut, and kimchi, which are natural sources of probiotics. In yogurts, look for the phrase "Contains active cultures" on the label. Look for supplements that contain more than one bacterial strain, which increases the product's effectiveness. Some common strains to look for include; bifidobacterium lactis (KN109), lactobacillus reuteri (ATCC55730), lactobacillus rhamnosus (GG9LGG), and lactobacillus casei (DN-114001). As with most vitamins, store in a cool and dark area to avoid moisture, which can kill the bacteria.

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