

## **PROBIOTICS -Are You Getting Enough?**

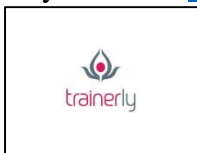
You've probably heard of probiotics, but ten years ago, you likely hadn't. Probiotics are naturally occurring "good" bacteria that certain foods contain, and our bodies have housed, probably since the beginning of man. Studies and clinical outcomes show repeatedly that probiotics play a strong role in healthy digestion, a strong immune system, and much more. Studies have shown that the use of probiotics has even been associated with skin improvement, decreased cholesterol and lower blood pressure.

Probiotics are often successfully used in many cases of digestive dysfunction, but their benefits go far beyond digestion alone. As the first defense against pathogens, a lack of good flora can make you more susceptible to nearly everything, including viruses, bacteria, fungi, and maybe even cancer. Women with low good flora have more yeast infections.

So, the jury is in, and you should probably make sure that you are getting some probiotics into your system. Yogurts designed and marketed as probiotic yogurts are not necessarily better than any other yogurts that contain this seal, and in fact they may be a worse choice because of added sugars and sugar substitutes that negate any benefit. In general, a good yogurt is going to have no added sugar, fructose, or sugar substitute such as sucralose in the ingredient list (the "Nutrition Facts" table will list sugars as they naturally occur in milk and fruit). Adding a [probiotic supplement](#) another option to supply your system with the "good" bacteria without adding extra calories to your diet. Please let us know any questions or comments.

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