

A Good Yeast: Saccharomyces boulardii

There is no doubt that not all yeasts are your friends, but this one really is! *Saccharomyces boulardii* is a true "biotic" which has been shown to have beneficial affects by improving intestinal microbalance.

Specifically, *S. boulardii* functions in the modulation of both the innate immunity by activating the complement system, and the adaptive immunity by boosting the intestinal secretion of IgA.

In addition, *S. boulardii* secretes soluble factors demonstrated to reduce inflammation by lowering the NF-KappaB and mitogen-activated protein kinase (MAPK). It also enhances the secretion of mucosal factors that protect against enteric pathogens and improves tight junction structure to protect against leaky gut.

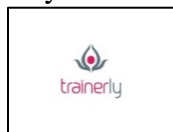
A couple of very practical uses of *S. boulardii* are to use with antibiotics (natural or pharmaceutical) to protect against antibiotic related diarrhea, and also when traveling to protect against traveler's diarrhea. And, of course, because of its anti-inflammatory properties, it should be considered for anyone with inflammatory bowel conditions.

One of the very interesting properties of *S. boulardii* is that oral administration achieves a steady-state concentration within three days but it does not actually colonize the intestinal tract. Typically, it will be cleared from the intestines within 2 to 5 days after discontinuing use. Therefore, *S. boulardii* is a very useful yeast indeed!

If you have any particular questions or would like to discuss your personal fitness goals, please schedule a free consultation.

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