



PROBIOTICS FOR BALANCED HEALTH

400+ Species of Probiotics in Your Body



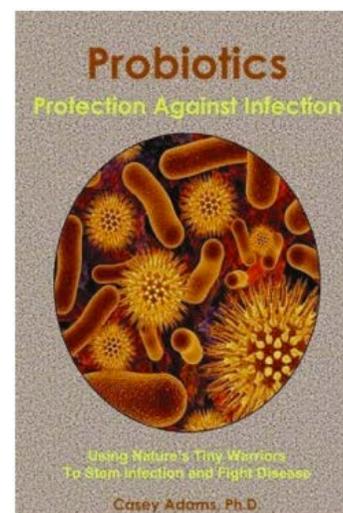
You need at least 15 billion cultures in your Probiotic Supplement to begin to make an impact on your health—often more, depending upon your age or health-related concern.

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See also:

Sauerkraut
Miso – Tempeh



Kefir
Yogurt

Books: [*Leaky Gut Syndrome* by Elizabeth Lipski](#)
[*Cleanse and Purify Thyself* by Dr. Richard Anderson](#)
[*The Body Ecology Diet*, by Donna Gates](#)
[*Probiotics*, by Casey Adams, PhD](#)

Articles:

Websites: www.probiotic.org
www.e3live.com

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Publications:

Organizations:

People: Donna Gates
Dr. Richard Anderson
Sandor Katz

Integral Nutrition: Cultured Foods and Supplemental *Probiotics*

Conventional: All Bacteria are bad?
Antibiotics – overused...

Terms: Acidophilus
Eubiotics
Lactobacilli
Bifido bacterium

HEALTH BENEFITS OF TAKING PROBIOTICS

Source: [Harvard Medical School Family Health Guide](#)



Bacteria have a reputation for causing disease, so the idea of tossing down a few billion a day for your health might seem — literally and figuratively — hard to swallow. But a growing body of scientific evidence suggests that you can treat and even prevent some illnesses with foods and supplements containing certain kinds of live bacteria. Northern Europeans consume a lot of these beneficial microorganisms, called probiotics (from *pro* and *biota*, meaning “for life”), because of their tradition of

eating foods fermented with bacteria, such as yogurt. Probiotic-laced beverages are also big business in Japan.

Enthusiasm for such foods has lagged in the United States, but interest in probiotic supplements is on the rise. Some digestive disease specialists are recommending them for disorders that frustrate conventional medicine, such as irritable bowel syndrome. Since the mid-1990s, clinical studies have established that probiotic therapy can help treat several gastrointestinal ills, delay the development of allergies in children, and treat and prevent vaginal and urinary infections in women.

Self-dosing with bacteria isn't as outlandish as it might seem. An estimated 100 trillion microorganisms representing more than 500 different species inhabit every normal, healthy bowel. These microorganisms (or microflora) generally don't make us sick; most are helpful. Gut-dwelling bacteria keep pathogens (harmful microorganisms) in check, aid digestion and nutrient absorption, and contribute to immune function.

The best case for probiotic therapy has been in the treatment of diarrhea. Controlled trials have shown that *Lactobacillus GG* can shorten the course of infectious diarrhea in infants and children (but not adults). Although studies are limited and data are inconsistent, two large reviews, taken together, suggest that probiotics reduce antibiotic-associated diarrhea by 60%, when compared with a placebo.

Probiotic therapy may also help people with Crohn's disease and irritable bowel syndrome. Clinical trial results are mixed, but several small studies suggest that certain probiotics may help maintain remission of ulcerative colitis and prevent relapse of Crohn's disease and the recurrence of pouchitis (a complication of surgery to treat ulcerative colitis). Because these disorders are so frustrating to treat, many people are giving probiotics a try before all the evidence is in for the particular strains they're using. More research is needed to find out which strains work best for what conditions.

Probiotics may also be of use in maintaining urogenital health. Like the intestinal tract, the vagina is a finely balanced ecosystem. The dominant *Lactobacilli* strains normally make it too acidic for harmful microorganisms to survive. But the system can be thrown out of balance by a number of factors, including antibiotics, spermicides, and birth control pills. Probiotic treatment that restores the balance of microflora may be helpful for such common female urogenital problems as bacterial vaginosis, yeast infection, and urinary tract infection.

Many women eat yogurt or insert it into the vagina to treat recurring yeast infections, a "folk" remedy for which medical science offers limited support. Oral and vaginal administration of *Lactobacilli* may help in the treatment of bacterial vaginosis, although there isn't enough evidence yet to recommend it over conventional approaches. (Vaginosis must be treated because it creates a risk for pregnancy-related complications and pelvic inflammatory disease.) Probiotic treatment of urinary tract infections is under study.

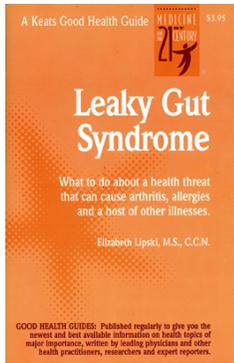
Probiotics are generally considered safe — they're already present in a normal digestive system — although there's a theoretical risk for people with impaired immune function. Be sure the ingredients are clearly marked on the label and familiar to you or your health provider. There's no way to judge the safety of unidentified mixtures.

In the United States, most probiotics are sold as dietary supplements, which do not undergo the testing and approval process that drugs do. Manufacturers are responsible for making sure they're

safe before they're marketed and that any claims made on the label are true. But there's no guarantee that the types of bacteria listed on a label are effective for the condition you're taking them for. Health benefits are strain-specific, and not all strains are necessarily useful, so you may want to consult a practitioner familiar with probiotics to discuss your options. As always, let your primary care provider know what you're doing.

REPLENISH INTESTINAL FLORA

Source: *Leaky Gut Syndrome* by Lipski, Elizabeth, M.S., C.C.N. (36-37)



DOES IT SURPRISE YOU TO KNOW THAT THERE ARE MORE BACTERIA IN YOUR DIGESTIVE SYSTEM THAN CELLS IN YOUR BODY? FOUR POUNDS! These bacteria are of three main types:

- those that cause disease,
- those that have an apparently neutral effect (commensal)
- and those that actually benefit us (flora)

The proper balance of these microbes is essential to the health of our digestive tract and total body.

Beneficial bacteria are called **intestinal flora, probiotics or eubiotics** (the last two terms mean "healthful to life"). The two most important groups of flora are the **lactobacilli**, found mainly in the small intestine, and **bifido bacterium**, found primarily in the colon. These bacteria live in a mutually beneficial relationship that has evolved to enhance our health and theirs. Mostly, they live in a harmonious symbiotic relationship with us. We offer them a warm, moist home with lots of food, and they, in turn, provide vitamins and other substances that lower our risk of disease and cancer, moderate the effect of drugs, determine the ecology and functioning of the intestines and affect our immune competence and rate of aging.

Flora play an important role in our ability to fight infectious diseases, providing a front line in our immune defense.

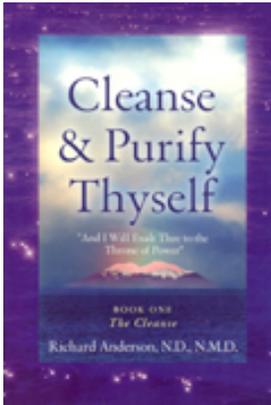
They manufacture antibiotics, acids and hydrogen peroxide which make the intestinal environment hostile to competing microbes. **Some flora have anticancer and antitumor properties.**

Friendly flora also manufacture many vitamins, including the B-complex vitamins biotin, thiamin (B1), riboflavin (B2), niacin (B3), panthothenic acid (B5), pyridoxine (B6), cobalamine (B12) and folic acid, plus vitamin A and vitamin K. Lactic acid-secreting acidophilus and bifidus increase the bioavailability of minerals which require acid for absorption: calcium, copper, iron, magnesium and manganese.

Take a mixed probiotic supplement that contains *at least* lactobacillus and bifidobacteria. Supplements that come refrigerated as powders or capsules usually have the highest potency.

PROPER BACTERIA

Source: "Probiotics" in *Cleanse and Purify Thyself* by Dr. Richard Anderson (107-111)



The proper bacteria in the gut are essential for health. Few people realize just how important they are. In a healthy body, the total number of bacteria outnumbers man's own cells. Their total weight is comparable to that of the liver and they comprise close to 500 different strains. A perfect combination is required for health. Lack of certain bacteria could cause severe imbalances, and the abundance of certain species can also cause severe metabolic disturbances, along with vitamin B and amino acid deficiencies. Due to the *unnatural* lifestyles of most people, they have drastically altered their normal intestinal bacterial flora. This may cause a chain reaction of digestive disturbances, assimilation problems, liver weakness and deficiencies, which can contribute towards a gradual and consistent decline of health and towards the development of

chronic and degenerative dis-ease.

Many people have used various acidophilus products with temporary success, only to later find that they had merely exchanged one set of problems for another. However, few have realized this because it is so difficult to trace symptoms back to the cause. Most bacteria formulas (Probiotics) contain a predominance of acid-producing bacteria (*Lactobacillus acidophilus* etc.), which are highly beneficial under various pathogenic conditions. I have a powerful probiotic containing this bacteria that works just as well as bentonite does for food poisoning. I always have it on hand, even when I'm traveling. It's amazing how many times I've given it to someone who had a sore throat or food poisoning and saw the problem vanish, usually overnight.

However, when used for long periods of time, *Lactobacillus* bacteria can contribute towards ill health. As I said above, I have two clinical studies in my possession that reveal a case of metabolic acidosis, a death-threatening, over-acid condition that was triggered by consuming *Lactobacillus* tablets and/or milk and yogurt. What are we doing to future metabolic functions when we saturate our bowels with acid-forming bacteria? ***Acidophilus* bacteria, for an example, produce acids consisting of a pH of 3.9 to 4.5. This acid environment is in opposition to the normal bowel secretions of 7.5 to 8.9 pH.** Not only that, but the digestive enzymes in the bowel can only function at a pH above a 7.0.

This is not to say that *Lactobacillus* do not have a place for human use, for they certainly have their place. As I noted above, studies have shown that these friendly bacteria serve an important role in the removal of pathogens, and in certain areas of the bowel. The main point is that *Lactobacillus* should not be the predominant specie in our gut.

Studies indicate that *Bifidobacterium infantis* is the predominant bacteria in the feces of breast-fed infants. This is the first bacterium that young, healthy infants receive from breast milk, and may be the most essential and core bacteria for the human gut. Other *Bifidobacterium*, such as *B. longum*, which is closely related to *B. infantis* and is found in both healthy children and adults, and *B. bifidum*, which is found in healthy adults, are probably the most natural and essential bacteria for man. These bacteria generate a pH between 6.5 and 7.0, which is much more beneficial for a healthy human bowel than the lactic-acid-producing *Lactobacillus* that creates 3.9 to 4.5 pH. Other beneficial bacteria begin to die off at a pH near 4.5, the upper limit of the pH normally produced by *Lactobacillus acidophilus*. As

required, *Bifidobacterium* species are also known to produce large amounts of amino acids and other nutritious elements, including vitamins. Clinical studies have shown that out of all the other *Bifidobacterium* strains tested, both *B. Infantis* and *B. breve* were most effective in repelling *E. Coli* and *Salmonella*, and their toxins.

Friendly intestinal bacteria are essential to good health. **Most raw foods, especially those with chlorophyll, feed the friendly bacteria. Cooked and processed foods feed the harmful bacteria.** Undigested foods also feed pathogenic bacteria. The whole body must be in balance in order to have good health. When the bowel is out of balance, it becomes essential to take supplements of friendly bacteria. It is also critical to take *Bifidobacterium* after any use of antibiotics.

Friendly bacteria are needed to help with the following:

- ❑ Reduce cholesterol in the blood
- ❑ Produce certain digestive enzymes that help to digest proteins, carbohydrates, and fats
- ❑ Help control the acid-alkaline levels (pH) in the intestines
- ❑ Reduce unhealthy bacteria and yeast in the intestinal tract
- ❑ Reduce high blood pressure
- ❑ Detoxify poisonous material in the diet
- ❑ Assist the immune system
- ❑ Help with elimination of ailments such as colon irritation, constipation, diarrhea, irritable bowel syndrome, and acne
- ❑ Manufacture and assimilate B-Complex vitamins, especially vitamin B-12
- ❑ Produce natural anti-bacterial agents (antibiotics) which inhibit 23 known pathogens
- ❑ Produce cancer-suppressing compounds
- ❑ Detoxify hazardous chemicals added to foods and drugs
- ❑ Help calcium assimilation
- ❑ Help eliminate bad breath and gas.

The Most Dangerous Enemies of the Friendly Bacteria in Order of Importance

- **Drugs** – especially antibiotics, since one dose can eliminate all friendly bacteria
- **Alcohol** – destroys friendly bacteria and enzymes, not to mention actual cells
- **Pasteurized dairy products** are gourmet meals for pathogens which destroy the good bacteria
- **Cooked meat** – it feeds the bacillus *E. Coli* and other pathogens
- **Bread** – especially white flour or any wheat products that were baked in an oven (wheat is only good in its raw, sprouted state)
- **White sugar** – chocolate, cakes, pies, cookies, pop, catsup, etc.
- **Fried foods** – e.g. potato chips, French fries, and anything fried in oil
- **Acid-forming foods**, when overused
- **Processed foods**, such as pasta; all the food in packages

In conjunction with my good friend Dr. Khem Shahani, (Ph.D.), at the University of Nebraska, I have

developed two probiotics. One is an extremely acid-producing bacteria and the other is only slightly acid-producing (6.5 to 7.0 pH). We use the strong acid-producer for the sole purpose of eliminating pathogenic microorganisms. And I am amazed at its efficiency.

With **food poisoning**, for example, it is unequaled. It also **eliminates most sore throats**, that is, if the soreness is "germ"-related.

I have not found anything that **eliminates athlete's foot** as effectively as this formula does: just sprinkle about one-eighth (1/8) of a teaspoon in your socks and wear the socks. This shows that it works against fungus, and it works fast. It is so potent that I caution people to not take more than one-quarter (1/4) of a teaspoon, except in the case of an emergency, such as in food poisoning, and then no more than one-half (1/2) a teaspoon taken three to five (3-5) times daily. Seldom will we need to take it for more than three or four (3-4) days. The only exception to this is when dealing with *long-term* yeast or bacteria infections. There are many places for pathogens to hide in the bowel, so under extreme conditions we may need to continue with this formula for 30 days and possibly longer, and ideally also be using the Cleanse - a powerful, complete intestinal cleansing program, not just a colon cleanse.

I have made every attempt to clarify the need to follow the use of acid-producing bacteria with the less acid-producing formula. I cannot emphasize this enough. We also use this probiotic during and after cleansing and fasting. I used to recommend taking rectal implants to assure re-establishment of friendly bacteria. But with this new formula, that is no longer necessary. This formula is so effective that we can achieve a full implant, orally, within a few days.

I recommend a week of use just to be certain, but usually a person can implant in 24 to 36 hours.

Of course there are exceptions. Some people have a long-term acid environment, pathogenic yeasts and/or parasites that kill off every attempt to implant. And these people need to keep cleansing and keep using the pro biotic formula that is only slightly acid-producing.

ACIDOPHILUS

Source: <http://www.probiotic.org/acidophilus.htm>

Introduction

Acidophilus is an "umbrella" name for a category of probiotics.

These probiotics, as defined by the Food and Agricultural Organization of the United Nations, are "live microorganisms which, when administered in adequate amounts, confer a health benefit on the host." (1) One of the main functions of probiotics in the acidophilus group is to provide aid in the digestion process. Some of these bacteria include: Lactobacillus (L.) acidophilus, L. bulgaricus and L. fermentum.

Lactobacillus acidophilus is found naturally in humans in the mouth, the intestines and the vagina.

Classified as “healthy” bacteria, L. acidophilus helps guard against infections and disease. **There are a number of ways in which L. acidophilus performs. It assists in the breakdown of foods and thereby produces hydrogen peroxide, lactic acid and other substances that create an acidic, unfriendly environment for harmful organisms.** L. acidophilus also creates lactase, which is an enzyme that converts lactose (milk sugar) into a simple sugar.

Because of this latter capability, ingestion of L. acidophilus may be useful for people who suffer from lactose intolerance.

Scientists began to use Lactobacillus acidophilus for its probiotic benefits as far back as the early 20th century. Russian scientist and Nobel laureate Elie Metchnikoff, studying the helpful properties of yogurt, speculated that the lactic acid produced during yogurt fermentation could conquer decaying gut microbes. Metchnikoff proposed that when the probiotics found their way into the intestines, they would prevent the formation of the harmful microbes. While investigating the diets of people living in the Balkans and the Near East, Metchnikoff came to believe in a connection between long-term consumption of yogurt and longevity.(2)

In the 1920s, acidophilus milk was administered to treat diarrhea as well as constipation. (3) Dannon, a leading manufacturer of yogurt products, began producing yogurt for delivery to pharmacies in the early 1920s. In the 1970s, the company produced a television commercial (the first ever filmed in the then-Soviet Union) that featured a purportedly 89-year-old man from Soviet Georgia eating his yogurt with his mother, allegedly 114 years old, smiling in the background. The campaign sparked sales of Dannon yogurt, and helped create awareness of yogurt among a new generation of users.

In addition to being present in yogurt, lactobacillus acidophilus is available as a supplement, in the form of tablets, liquids and powders.

Lactobacillus Acidophilus Benefits

Helps Prevent Yeast Infections

Urogenital infections such as bacterial vaginosis, yeast vaginitis and urinary tract infections affect millions of women. In many instances, the affliction recurs, particularly due to a buildup in resistance to certain antimicrobial therapies. L. acidophilus may prove to be effective in inhibiting the growth of candida albicans, which is the fungus responsible for many of these infections. An abstract from a 2003 article in the Post Graduate Medical Journal of the British Medical Journal states: “daily oral intake of probiotic strains Lactobacillus rhamnosus GR-1 and Lactobacillus fermentum RC-14, resulted in some asymptomatic bacterial vaginosis patients reverting to a normal lactobacilli dominated vaginal microflora.” (4, 5) “When lactobacilli are introduced vaginally ... there will be an impact on the subject’s microflora. If this is dominated by yeast, Gram-negative coliforms and anaerobes, or gram-positive cocci, then the outcome might significantly benefit the patient.” (6)

Assists in the Absorption of Nutrients

Microflora such as *Lactobacillus acidophilus* are also necessary for the body's assimilation of nutrients. They assist in the production of key enzymes, and increase the rate at which vitamins are absorbed. Some of the nutrients best absorbed with *L. acidophilus* are the vitamins K and B, calcium, lactase and fatty acids.

Helps Reduce Lactose Intolerance

A 1984 study demonstrated that lactose is absorbed more effectively in yogurt and products containing *L. acidophilus* than in milk, and the other items sampled, which include sweet acidophilus milk, pasteurized yogurt and cultured milk. (7) **The study also showed that pasteurization greatly inhibited the body's ability to digest lactose and significantly decreased yogurt's natural lactase activity.**

Decreases Antibiotic Side Effects

Antibiotics kill bacteria in the body, both the good and the bad. While antibiotics are a crucial therapy for many illnesses, they can cause the demise of "friendly" flora. They can also produce unpleasant side effects such as diarrhea. **Ingestion of *L. acidophilus* can reduce the likelihood of these side effects.** A study conducted among healthy volunteers taking 400 mg of erythromycin showed that those who ate yogurt containing *Lactobacillus* probiotics exhibited fewer instances of diarrhea than those who ingested pasteurized yogurt. (8)

Diarrhea is sometimes reported as a side effect among infants and young children who have been administered antibiotics for respiratory infections. *L. acidophilus*, when used as a prophylactic, decreases the likelihood of diarrhea among these young subjects. (9)

Safety of Acidophilus

Few negative effects have been reported with appropriate use of this probiotic. During initial use, there may be a period of excessive gassiness and flatulence. These conditions will decrease in frequency as the body becomes accustomed to the presence of *Lactobacillus acidophilus*.

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LACTOBACILLUS

Source: <http://www.probiotic.org/bifidobacterium.htm>

The human gastrointestinal tract, or GI tract, is like a food-processing factory. If you picture the inner workings of your body like an assembly line, then the helpful bacteria act as the workers in this factory. Your body's intestinal microflora include probiotic bacteria such as Lactobacillus Bulgaricus and Lactobacillus Acidophilus, which often work as a team to take in raw materials, both helping to sort the useful versus harmful substances that you eat. Lactobacillus also serves your internal digestive factory as an agent that converts lactose to lactase, competes with harmful bacteria for nutrients, and produces as a byproduct some helpful antibacterial substances that promote a healthy environment for the GI tract. If Lactobacillus populations within your gut are present at suboptimal levels, a probiotic supplement is beneficial to beef up the labor pool and sorting of nutrients versus toxins in your "internal factory."

Many studies have teamed multiple strains of Lactobacillus together to administer a probiotic supplement which appears to have beneficial toxin-fighting effects in humans and animals.

Microbial members of the Lactobacillus group are typically present in natural yogurt and fermented dairy products. Some studies of Lactobacillus have additionally sought out non-dairy sources of Lactobacillus. Our company's Lactobacillus probiotic supplement uses a non-dairy source that reduces any potential for milk-related allergies. Our own laboratory studies of dosing levels and reactions to the Lactobacillus supplement have indicated that the supplement form is far superior, better tolerated, and more effective than simply adding yogurt to the diet. For lactose intolerant customers, we take the guesswork out of which product might produce a dairy-related allergy. In this way, the many benefits of Lactobacillus can be fortified and strengthened by adding it to your diet as a supplement without ingesting dairy products.

In the March 2005 issue of "American Journal of Physiology," Fergus Shanahan reports that the intestinal flora is a positive asset to a host's immune system defense. He describes strategies to enhance assets or offset microbial liabilities and shows how these options represent therapeutic

possibilities. He discusses a justifiable rationale for manipulation of the flora involved in irritable bowel syndrome. Shanahan suggests that the diversity of messages or signals sent between the cells and microbes of the human gut presents an untapped reservoir of potential future therapies. Analysis of signaling and natural regulatory functions among the flora and host epithelium, lymphoid tissue, and neuromuscular apparatus is a field of study that is quickly gaining ground in medical journals. To quote this study directly, Shanahan concludes that:

"the capacity to engineer food-grade or commensal bacteria to deliver therapeutic molecules to the intestinal mucosa promises to extend the scope of microbial manipulation for the benefit of mankind."

Robin Spiller noted in 2005 that irritable bowel syndrome or IBS can go into remission spontaneously, implying that a cure is possible. Several predictors of good prognosis are analyzed in this study. She reports that possible disease-modifying treatments with long-lasting effects include probiotics, which may have a benefit in altering bacterial microflora and as anti-inflammatory agents.

In their study of GI infections for the British Journal of Nutrition, Gibson and McCartney study whether or not probiotics can elicit inhibitory effects against pathogens. They conclude that an increase in certain microflora does prove effective at repressing the spread of infectious agents when they enter the GI tract. In this study, they recommend a fortification of Lactobacillus microbes by the use of prebiotics or probiotics for improved protection. They cite a number of potential mechanisms for Lactobacillus bacteria to reduce intestinal infections. Firstly, metabolic end products such as acids excreted by these micro-organisms may lower the gut pH (i.e., increase acidity) to levels at which pathogens cannot compete. Also, many lactobacilli species are able to excrete natural antibiotics, which can have a broad spectrum of activity. Other helpful probiotic mechanisms include an improved immune stimulation, competition for nutrients, and blocking of pathogen adhesion sites in the gut.

Many intestinal pathogens like E coli and salmonellae use receptor sites in the gut to establish themselves. Then these toxins can cause gastroenteritis through their invasive properties. One way that prebiotics and probiotics appear to work, according to the British study, is by simulating such receptor sites in the human GI tract, at the microscopic level. Through the action of Lactobacilli probiotics, pathogens appear to be "decoyed" into not binding to the host's intestinal mucosa.

The British study cited above calls to mind the parallel of the assembly line in the body's internal factory. Lactobacillus microflora appear to grab (or attract) and sort toxins, guiding them away from the lining of the GI tract by use of the decoy action described in the Gibson and McCartney study. The British study also concludes that the combined effects of probiotics on intestinal microflora, as well as their unique anti-adhesive strategies, may lead to new dietary interventions against toxins.

In the publication "Proceeding of the Nutrition Society," Elizabeth Furrie points out that allergies are caused by an immune reaction that is out of proportion to other functions in the digestive system. The physiological outcome is inflammation commonly displayed by rhinitis, skin irritation, vomiting, and diarrhea, depending on the route of allergen entry. In extreme reactions, anaphylactic shock can result from allergies. Chronic allergic responses most commonly present themselves as asthma and eczema. All these symptoms are the consequence of an imbalanced immune system making an unsuitable response to an environmental or food antigen. In this study, a harmful reduction of GI tract microflora is seen more frequently among bottle-fed infants and children, in comparison to breast-fed babies.

Furrie found that the use of probiotic therapy to boost intestinal microflora and prevent allergic disease has been demonstrated in two studies using a probiotic Lactobacillus combination in infants. A long-term reduction in allergy has been shown in the test group, with various Lactobacillus strains reducing the incidence of atopic eczema. Management of allergy through probiotics has also been demonstrated in infants, using Lactobacillus strains to control atopic eczema and cow's milk allergy.

In their 2005 study, Szajewska and Mrukowics found that probiotics, defined as microbial cell preparations or components of microbial cells, do have a beneficial effect on the health and well being of the GI tract. Beneficial effects of probiotics in children's acute infectious diarrhea seem to be more evident when treatment with probiotics is initiated early in the course of the disease, or prior to the stomach upset as a preventive course of action. In this study, three large, randomly controlled trials provide evidence of a statistically significant effect of Lactobacillus probiotics on the prevention of community-acquired diarrhea. They noted that the effects of different probiotic micro-organisms are not equal, but many results of random trials have shown promising results for Lactobacillus.

As a single probiotic supplement, or combined with other microbial flora, Lactobacillus has acquired a solid scientific following, as shown in the studies cited above. As a tool for supporting digestive health, our company offers the Lactobacillus microbe in several forms. To increase the efficiency of the toxin-blocking function within your own "digestive factory," we highly recommend Lactobacillus as a probiotic supplement with proven results. Whether you are interested in reducing digestive problems, or preventing the onset of an intestinal upset, our products derived from Lactobacillus have shown a documented advantage in the toxin-blocking function of this helpful microflora.

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BIFIDOBACTERIUM

Source: <http://www.probiotic.org/bifidobacterium.htm>

Introduction

Bifidobacteria are one variety of "good" bacteria that live in a healthy intestinal tract. Since bifidobacteria exist naturally in your gastrointestinal system, you might guess that nature intends bifidobacteria to serve a specific purpose there, and your guess would be correct. Along with many of the other gut flora, which is the collective term for the bacteria that occur naturally in your intestines, **bifidobacteria aid in the food digestion process.**

Unfortunately, not every person has a perfectly functioning intestinal tract. In a 1992 study, the National Center for Health Statistics (NCHS), a division of the Center for Disease Control, reported that 5.9 percent of respondents to an National Health Interview Survey (NHIS) questionnaire on digestive disorders had experienced functional colon issues at one time or another. (1) Because bifidobacteria keep healthy digestive systems working properly, researchers have taken an interest in the possibility that supplemental bifidobacteria might help boost the digestive systems of those suffering functional colon issues.

As with all probiotics, the bifidobacterium microbe is only classified as a probiotic when it is: administered live; capable of surviving the administering process and subsequently growing; and administered in an amount proven to provide health benefits to the recipient.(2)

WHAT ARE THE BENEFITS OF PROBIOTIC BIFIDOBACTERIUM?

Only in the last decade or so have researchers begun to actively pursue the probiotic benefits of bifidobacterium. Historically, most available information about bifidobacterium came from the study of feces, animals, and post-mortem subjects.(3) Finding successful ways to administer bifidobacterium such that it survives its shelf life and your gastric fluids has also been tricky.

Researchers know that bifidobacteria exist in healthy digestive systems, but the performance of individual sub-strains has not been thoroughly identified. In 2006, researchers from the University of Manchester School of Medicine conducted a study on the effects of *B. infantis* on female Irritable Bowel Syndrome (IBS) patients. The researchers identified a probiotic dosage level for *B. infantis* that could be administered in a stable, convenient capsule, and which improved abdominal pain, bloating, bowel dysfunction, incomplete evacuation, straining during bowel movements, and the passage of gas. (4) Another ongoing clinical trial is studying the effects of *B. breve* on IBS patients. (5)

An additional ongoing clinical trial is evaluating the effects of *B. infantis* and *B. animalis* on premature infants. The researchers noted higher levels of bifidobacteria in healthy breast-fed term babies versus formula-fed babies. (6) While researchers have proven *B. infantis* an effective treatment for IBS in

women, another University of Manchester study has shown that *B. pseudocatenulatum* is associated with atopic eczema in infants. The study also demonstrated higher levels of *B. bifidum* in breast-fed infants, and higher levels of *B. pseudocatenulatum* in formula-fed infants. (7)

WHAT ARE THE SUB-STRAINS OF BIFIDOBACTERIUM?

So far, you have heard of studies involving *B. infantis*, *B. bifidum*, *B. pseudocatenulatum*, *B. breve*, and *B. animalis*. These five sub-strains make up a very small portion of the bifidobacterium sub-strains that scientists have identified. Frederic Krzewinski compiled the following comprehensive list of bifidobacterium sub-strains for a Universite des Sciences at Techniques de Lille PhD Thesis in 1997, which was revised by Francoise Gavini in 2001 (8):

Human origin:

- * *B. adolescentis*
- * *B. angulatum*
- * *B. bifidum*
- * *B. breve*
- * *B. catenulatum*
- * *B. denticolens*
- * *B. dentium*
- * *B. gallicum*
- * *B. infantis* (also known as *B. liberorum* and *B. lactentis*)
- * *B. inopinatum*
- * *B. longum*
- * *B. pseudocatenulatum*

Environmental and food origin:

- * *B. lactis*
- * *B. minimum*
- * *B. subtile*
- * *B. thermacidophilum*

Animal origin:

- * *B. animalis*
- * *B. asteroides*
- * *B. boum*
- * *B. choerium*
- * *B. coryneforme*
- * *B. cuniculi*
- * *B. gallinarum*
- * *B. indicum*
- * *B. magnum*
- * *B. merycicum*
- * *B. pseudolongum* subsp. *Pseudolongum*

- * *B. pseudolongum subsp. Globosum*
- * *B. pullorum*
- * *B. ruminatum*
- * *B. saeculare*
- * *B. suis*
- * *B. thermophilum (also known as B. ruminale)*

THE FUTURE OF BIFIDOBACTERIUM

Bifidobacterium is already a solid contributor to the commercial probiotic population. Dannon has seen marketing success with its Activia line of yogurts, featuring *B. animalis*. Nestle has launched a probiotic line of infant formula called Good Start Natural Cultures, featuring *B. lactis*.(9)

[David Rainoshek, M.A. : Don't use these mass-marketed, pasteurized, industrialized dairy products. For your health, the cows, the environment... get local organic and raw whenever possible.]

As researchers discover ways to successfully administer and harvest the health benefits of additional sub-strains of bifidobacterium, you can expect that food and drug companies will continue to find new and innovative ways to bring bifidobacterium to your retail shelf.

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SACCHAROMYCES BOULARDII

Source: Wikipedia June 3, 2012, http://en.wikipedia.org/wiki/Saccharomyces_boulardii

[David Rainoshek M.A. Notes:] *Saccharomyces boulardii* is a non-pathogenic, transient yeast long-used for diarrhea or dysentery. It is a hardy, acid-resistant, temperature tolerant microorganism that is not affected by anti-bacterial agents.

S. boulardii is genetically and functionally distinct from brewer's yeast (*S. cerevisiae*) and different from pathogenic *Candida* species. ***S. boulardii* increases the activities of intestinal brush border enzymes such as disaccharidases, a-glucosidases, alkaline phosphatases, and aminopeptidases.** It secretes a leucine aminopeptidase that appears to support against allergies to dietary proteins following acute gastroenteritis. *S. boulardii* augments the intestinal absorption of D-glucose coupled with sodium that may enhance uptake of water and electrolytes during diarrhea. It increases stool concentrations of short-chain fatty acids that nourish colon mucosal cells. **Oral intake of *S. boulardii* increases colonic populations of healthful bifidobacteria** and reduces numbers of pathogenic clostridia. It modulates immunity by boosting intestinal secretion of IgA and increasing crypt cell immuno-globulin receptors. **It inhibits inflammatory cytokine pathways** and secretes a factor that blocks *C. difficile* toxin A activities. **Research has found that *S. boulardii* supports healthy intestinal function in an array of clinical settings including antibiotic-associated diarrhea, *C. difficile* disease, inflammatory bowel disease, irritable bowel syndrome, and traveler's diarrhea**

[Original Article Follows:]

***Saccharomyces boulardii* is a tropical strain of yeast first isolated from lychee and mangosteen fruit in 1923 by French scientist Henri Boulard.**

It is related to, but distinct from, *Saccharomyces cerevisiae* in several [taxonomic](#), metabolic, and genetic properties.^[1] *S. boulardii* has been shown to maintain and restore^[citation needed] the natural [flora](#) in the large and small [intestine](#); it is classified as a [probiotic](#).

Boulard first isolated the yeast after he observed natives of [Southeast Asia](#) chewing on the skin of lychee and mangosteen in an attempt to control the symptoms of [cholera](#). *S. boulardii* has been shown to be non-pathogenic, non-systemic (it remains in the gastrointestinal tract rather than spreading elsewhere in the body), and grows at the unusually high temperature of 37 °C.^[2]

S. boulardii is often marketed as a probiotic in a [lyophilized](#) form and is therefore often referred to as *Saccharomyces boulardii* lyo.

Medical uses

There are numerous randomized, [double-blind placebo](#)-controlled studies showing the [efficacy](#) of *S. boulardii* in the treatment and prevention of gastrointestinal disorders.^[3]

Acute diarrhea

Two studies each showed a significant reduction in the symptoms of acute [gastroenteritis](#) in children, versus placebo, by measuring frequency of [bowel movements](#) and other criteria.^{[4][5]} Children over

three months are recommended to take two doses of 250 mg a day (BID) for five days to treat acute [diarrhea](#). **Children under three months** are recommended to take **half a 250 mg capsule or sachet twice daily for five days**.

A prospective placebo-controlled study found a significant reduction in symptoms of diarrhea in **adults** as well taking **250 mg of *S. boulardii* twice a day for five days** or until symptoms are relieved.^[6]

Recurrent *Clostridium difficile* infection

Administration of two 500 mg doses per day of *S. boulardii* when given with one of two [antibiotics](#) ([vancomycin](#) or [metronidazole](#)) was found to significantly reduce the rate of recurrent [Clostridium difficile](#) ([pseudomembranous colitis](#)) infection. No significant benefit was found for prevention of an initial episode of *Clostridium difficile*-associated disease.^[7]

Irritable bowel syndrome

A prospective placebo-controlled study found patients with diarrhea predominant [irritable bowel syndrome](#) (IBS) had a significant reduction on the number and consistency of bowel movements.^[8]

Inflammatory bowel disease

Further benefits to [inflammatory bowel disease](#) (IBD) patients have been suggested in the prevention of [relapse](#) in [Crohn's disease](#) patients currently in [remission](#)^[9] and benefits to [ulcerative colitis](#) patients currently presenting with moderate symptoms.^[10] The recommended dosage is three 250 mg capsules a day (TID).^[citation needed]

Travelers' diarrhea

Austrian vacationers taking *S. boulardii* traveling around the world were found to have significantly fewer occurrences of [travelers' diarrhea](#) than those taking placebo. The more *S. boulardii* taken in prevention, starting five days before leaving, the higher the reduction in diarrhea reported. The reduction was also found to be dependent upon where the vacationer traveled.^[11] The recommended dosage is one 250 mg capsule or sachet per day (QD).

Antibiotic-associated diarrhea

There is evidence for its use in the [prophylactic](#) (preventative) treatment of [antibiotic-associated diarrhea](#) (AAD) in adults.^[12] There is further evidence for its use to prevent AAD in children.^[13]

HIV/AIDS-associated diarrhea

S. boulardii has been shown to significantly increase the recovery rate of stage IV [AIDS](#) patients suffering from diarrhea versus placebo. On average, patients receiving *S. boulardii* gained weight while the placebo group lost weight over the 18 month trial.^[14] There were no reported adverse reaction observed in these [immunocompromised](#) patients.

Mechanisms of action

Antitoxin effects

S. boulardii secretes a 54 kDa [protease](#), *in vivo*. This protease has been shown to both degrade toxins A and B, secreted from *Clostridium difficile*, and inhibit their binding to receptors along the [brush border](#). This leads to a reduction in the enterotoxin and cytotoxic effects of *C. difficile* infection.^[15]

Antimicrobial effects

***Escherichia coli* and *Salmonella typhimurium*, two pathogenic bacteria often associated with acute infectious diarrhea, were shown to strongly adhere to mannose on the surface of *S. boulardii* via lectin receptors (adhesins).**

Once the invading microbe is bound to *S. boulardii*, it is prevented from attaching to the brush border; it is then eliminated from the body during the next bowel movement.^[16]

Trophic effects on enterocytes

The hypersecretion of water and [electrolytes](#) (including [chloride](#) ions), caused by [cholera](#) toxin during a *Vibrio cholerae* infection, can be reduced significantly with the introduction of *S. boulardii*. A 120 kDa [protease](#) secreted by *S. boulardii* has been observed to have an effect on [enterocytes](#) lining the large and small intestinal tract—inhibiting the stimulation of [adenylate cyclase](#), which led to the reduction in enterocytic [cyclic adenosine monophosphate](#) (cAMP) production and chloride secretion.^[17]

During an *E. coli* infection, [myosin light chain](#) (MLC) is [phosphorylated](#) leading to the degradation of the [tight junctions](#) between intestinal mucosa [enterocytes](#). *S. boulardii* has been shown to prevent this [phosphorylation](#), leading to a reduction in mucosal [permeability](#) and thus a decrease in the translocation of the pathogenic bacteria.^[18]

[Polyamines](#) ([spermidine](#) and [spermine](#)) have been observed to be released from *S. boulardii* in the rat [ileum](#). [Polyamines](#) have been theorized to stimulate the maturation and turnover of small intestine enterocytes. This could aid in the increased recovery rate of a patient from diarrhea.^[19]

Anti-inflammatory effects

[Interleukin 8](#) (IL-8) is a proinflammatory [cytokine](#) secreted during an *E. coli* infection in the gut. *S. boulardii* has been shown to decrease the secretion of IL-8 during an *E. coli* infection; *S. boulardii* could have a protective effect in [inflammatory bowel disease](#).^[18]

Saccharomyces boulardii may exhibit part of its anti-inflammatory potential through modulation of dendritic cell phenotype, function and migration by inhibition of their immune response to bacterial microbial surrogate antigens such as [lipopolysaccharide](#) (LPS). A recent study showed that culture of primary human myeloid [dendritic cells](#) CD1c+CD11c+CD123- DC (mDC) in the presence of *Saccharomyces boulardii* culture supernatant (active component molecular weight < 3kDa as evaluated by membrane partition chromatography) significantly reduced expression of the co-

stimulatory molecules CD40 and CD80 and the dendritic cell mobilization marker CC-chemokine receptor [CCR7](#) (CD197) induced by the prototypical microbial antigen lipopolysaccharide (LPS). Moreover, secretion key pro-inflammatory cytokines like [TNF- \$\alpha\$](#) and [IL-6](#) were notably reduced, while the secretion of anti-inflammatory [IL-10](#) did increase. Finally *Saccharomyces boulardii* supernatant inhibited the proliferation of naïve T-cells in a mixed lymphocyte reaction (MLR) with mDC.^[20]

Increased levels of disaccharidases

The trophic effect on [enterocytes](#) has been shown to increase levels of [disaccharidases](#) such as [lactase](#), [sucrase](#), [maltase](#), [glucoamylase](#), and [N-aminopeptidase](#) in the [intestinal mucosa](#) of humans and rats. This can lead to the increased breakdown of [disaccharides](#) into [monosaccharides](#) that can then be absorbed into the [bloodstream](#) via enterocytes.^{[21][22]} This can help in the treatment of diarrhoea, as the level of enzymatic activity has diminished and carbohydrate cannot be degraded and absorbed.

Increased immune response

S. boulardii induces the secretion of [Immunoglobulin A](#) (IgA) in the small intestine of the rat.^[23]

Human disease

Some cases of [fungemia](#) have been reported, especially those with certain digestive disorders, or patients with a [central venous catheter](#). Administration of an [antimycotic](#) (antifungal) usually leads to patient recovery from this systemic infection. Patients with yeast [allergies](#) are not encouraged to take *S. boulardii*. *S. boulardii* has been known to cause disease in immunocompromised humans. In particular, highly concentrated form, marketed as [probiotic](#) supplements for the treatment of [Clostridium difficile](#) colitis, can possibly cause fungemia in critically ill patients.^[24]

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TOP TEN PROBIOTIC NATURAL CURES FOR YEAST INFECTION

Source: <http://www.healtharticles101.com/top-10-probiotic-natural-cures-for-yeast-infection/>



If you are looking for natural cures for yeast infection, look no further than probiotic [cure for candida](#) that is inexpensive and safe to use internally and locally to address all debilitating symptoms of vaginal thrush.

In fact, our health depends on the fine equilibrium among good and bad bacteria in our bodies. Heavily processed diets that are depleted of almost all nutrients, unhealthy environmental causes, uncontrolled use of antibiotics, steroids and hormonal medications slowly destroy virtually all good bacteria present in your bodies and let unhealthy fungi organism overtake this fine mechanism, our body.

Probiotic natural cures for yeast infection will help restore this balance from within by replacing colonies of bad bacteria with the beneficial ones. Investing your time and money in finding a high potency, high quality probiotic cure for thrush that also comes from a reputable source should be part of any complex yeast infection treatment.

Read below to find out which probiotic home remedies for vaginal yeast infections you can implement to end the vicious cycle of yeast infections.

1. Carefully pick a good quality probiotic supplement with the highest number of living organisms that does not require refrigeration per manufacture's instructions. These types of probiotic formulas tend to work better and end up being more effective as cure for yeast infections. Take with meals or per directions on the packaging to gain maximum benefits.
2. As one of the most effective remedy among all natural cures for yeast infection is inserting 1-2 probiotic capsules inside vagina daily for ten days straight to help control yeast overgrowth.
3. A make at home probiotic douche that is made by dissolving 3 capsules of highly potent probiotic supplement in a cup of water is very effective in relieving vaginal itching and burning. Irrigate your vagina and external genitalia with the help of a plastic syringe that you use to draw the liquid.
4. Natural yogurt warmed to room temperature could be thickly applied to a sanitary napkin and worn for a few hours as part of cure for yeast infections regimen.
5. You can also place a cotton tampon soaked in natural yogurt inside your vagina overnight to help fight candida infection.
6. Make a potent probiotic rich and antifungal vaginal douche by brewing a cup of Pau D' Arco tea, with addition of a few probiotic capsules and a few drops of tea tree oil.

- 7.** Consuming naturally fermented foods like kefir or naturally produced cheeses are great natural cures for yeast infection. These foods are naturally rich in good bacteria and are extremely beneficial for your health.
- 8.** Other probiotic rich foods are kimchi, naturally fermented olives and pickles that are produced by lengthy traditional methods and contribute to our long time health.
- 9.** Raw and unprocessed apple cider vinegar has some strong probiotic qualities in it and could be incorporated along with other natural cures for yeast infection. Dilute a cup of organic unfiltered ACV in a warm bath to help you normalize proper ph levels.
- 10.** Barberry supplement is made of one of the well-known roots with pronounced probiotic-friendly properties that are intended for destroying excessive fungal overgrowth and leaving the good bacteria alone.



Research suggests that probiotics could have benefits that extend beyond the gut

THE YOGURT CURE

Source: <http://www.dailymail.co.uk/health/article-1281141/Probiotics-good-digestion-But-combat-flu-allergies-bad-breath.html>

Probiotics are good for our digestion. But they can also combat flu, allergies and bad breath

By [Louise Atkinson](#)

Most of us know something about the good bacteria (probiotics) in our stomachs, thanks to advertising.

Two million of us now consume them in the form of drinks, yoghurts, powders and capsules.

Science has come to accept there is some truth in the enthusiastic claims made for probiotics that they help fight 'bad' bugs in your gut and improve intestinal health.

And now research suggests that probiotics could have benefits that extend beyond the gut, such as treating illnesses from type-1 diabetes to fibromyalgia.

There is also interest in preliminary research suggesting that probiotics might even be able to enhance weight loss.

Scientists are developing specific probiotics to prevent dental cavities, probiotic lozenges for sore throats, probiotic nasal sprays and probiotic deodorant sticks that deal with the bacteria that cause body odour.

They're talking about probiotic vaccines to treat inflammatory diseases and probiotic cleaning products for the home.

In her new book, *Good Gut Bugs*, leading nutritionist Kathryn Marsden presents a comprehensive analysis of the science of gut bacteria and the latest thinking about using probiotics to treat a wide variety of illnesses - not just to boost general well-being.

With more than 20 years of experience in treating patients, she has devised a unique guide to probiotics and how to use them to treat your ailment.

SO WHAT ARE GUT BACTERIA?

There are varying levels of bacteria living all over and in our bodies - mostly in our intestines.

They are known as commensal bacteria, which under normal circumstances cause no harm. Some are useful (these are the good bugs) but others have the potential to be very harmful.

For example, the 'superbug' bacterium *Clostridium difficile* or the ulcer infector *helicobacter pylori* may live harmlessly within us, but can be the cause of serious illness if the gut environment gets out of balance and they multiply.

The good bacteria, sometimes called 'friendly flora', are on our side. These live micro-organisms improve the balance of the intestinal soup by depriving polluting and dangerous bacteria of food and inhibiting their growth.

HOW TO CHOOSE THE RIGHT PROBIOTIC FOR YOU

MOST people think of probiotics as the little yoghurt 'shots', but good gut bacteria are available in different forms.

Plain live yogurt contains just as many beneficial bacteria as a branded yoghurt 'shot'. Choose a good quality 'live' one. Either yoghurt or a shot should be taken every day.

Serious problems require bigger doses of probiotics and health stores sell probiotic supplements in tablet and powder form. Always

buy the best quality (usually the most expensive) and keep it in the fridge to extend effectiveness. Choose a product containing at least *Lactobacillus acidophilus* and *Bifidobacterium*. These are more likely to make it through the stomach.

There are many scientific studies to back up commonly used strains. Probiotics can reduce the side-effects of antibiotics, so start a course at the same time, but take them three hours apart. Swallow with cold water, never a hot drink.

Left to their own devices they aid digestion and the absorption of nutrients (basically determining how well-nourished we are).

They also oil the wheels of peristalsis (the process by which food and wastes move through the system). They look after the mucus membranes in our body by stimulating the production of mucins (the proteins in mucus that lubricate and protect our 'inside' skin) and secreting nutrients that are used for tissue repair.

And they improve the balance of friendly flora in the urogenital area, reducing the risk of bladder or vaginal infections.

Bugs in the bowel help in the production of B vitamins - vital for the efficient running of our nervous system. However, our natural probiotic levels are easily damaged by factors such as poor diet, stress, alcohol, hormonal fluctuations, cigarettes, surgery and drugs.

Once the critical balance of good bacteria is impaired, bad bacteria waste no time in grabbing any opportunity to take over.

AM I LACKING GOOD BACTERIA?

If you have a problem with body odour, suffer with bloating/noxious wind or are plagued by fungal infections, then your bad bacteria are very likely taking control - but take the quiz at the bottom of the page to help you decide.

HOW BAD BUGS COULD BE MAKING YOU ILL

Research suggests that many common ailments are linked to bad bacteria. Here we reveal how:

BAD BREATH

Most body odors, such as bad breath, are caused by bad bacteria.

Malodor can be caused by rotting teeth, unhealthy gums, poor digestion, the ulcer bacteria *helicobacter pylori* or any number of other illnesses.

But the biggest problem is the bacteria in our mouths that feed on the almost constant supply of food that comes their way.

Some people naturally have low numbers of bad (pathogenic) bacteria and far higher levels of protective bacteria in their mouths. Sadly, only two per cent of the population fall into this category and the rest of us have to work on rebalancing our bug population.

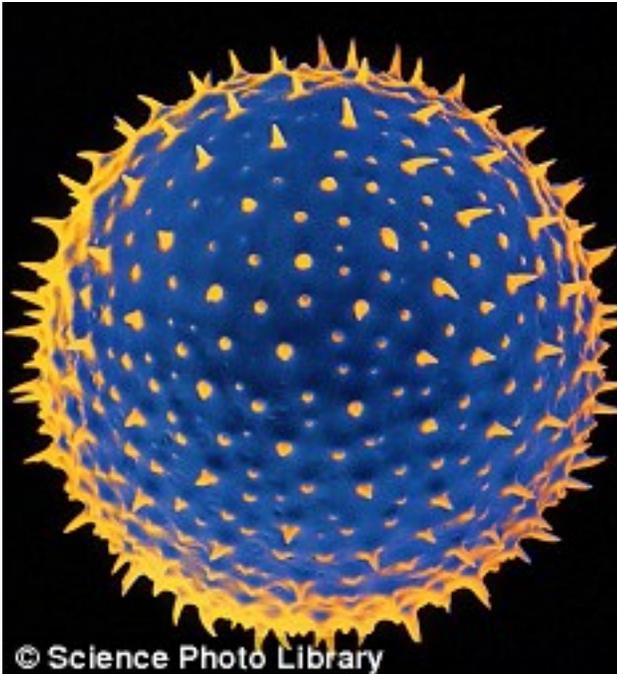
Treatment: As well as practicing good dental hygiene, boost your good gut bugs by adding fermented milk products, such as live yoghurt, to your diet.

Take a probiotic supplement regularly. There is good evidence it helps to regulate the growth of troublesome bacteria.

Such supplements work by reducing the risk of dental decay in children's teeth, meaning that fewer adult cavities develop later in life and lessening the likelihood of mouth ulcers and other oral infections.

CONSTIPATION

A sluggish bowel is often the result of disturbed intestinal bacteria: you don't have enough good gut bugs. If things are persistently foul smelling, the problem will almost always be a large bowel with too much bad bacteria and a lack of good bacteria.



© Science Photo Library
Probiotics can be of value in boosting a flagging immune system

Treatment: Improve your diet. Many people have far too little fibre in their diets, but there's more to a healthy colon than bran breakfast cereals.

There are other fibres which are more effective and better for the gut (fruit, vegetables, pulses, seeds and nuts). Drink water, juices, teas and soups. one cause of dry, hard and slow-moving faeces is a lack of fluid.

Add probiotic shots, live yoghurt and buttermilk to your diet or take a best-quality probiotic supplement until the constipation is resolved. Then repeat the same course for a month every few months.

There's good evidence from scientific studies that improving the diet and adding probiotic bacteria is a healthy way to prevent and treat 'slow transit'. See your doctor if you remain constipated, are in pain or you notice any changes in bowel habit.

ALLERGIES

There is a link between bad gut bacteria and allergies. Studies are looking at whether probiotics might help asthma and allergy sufferers, by switching off an inflammatory response in the intestine.

Research shows people with allergies have lower levels of healthy gut flora. Probiotics can help reset that bacteria balance, providing a protective barrier in the gut.

Treatment: Have a daily probiotic drink. Research shows that people who include fermented milk in their diet have a better immunity to pollen (they have lower levels of an antibody that aggravates allergy symptoms).

They also had higher levels of the antibody IGG, which protects against allergic reactions. Take probiotic supplements as they can ease the symptoms of respiratory allergies, such as asthma and eczema. Be patient. supplements can take between 12 to 16 weeks to work.

COLDS AND FLU

Probiotics can be of value in boosting a flagging immune system. Studies carried out on healthy people found that those who use probiotic supplements and probiotic foods have fewer colds and winter infections.

Probiotics can prime the immune system and increase resistance to infection by producing antibiotics.

Treatment: Protect yourself by taking a daily multi-vitamins and a probiotic supplement, especially during the winter. Studies show that multi-nutrient supplements taken with probiotics for a three-month period can lessen the number and severity of symptoms and the duration of a cold by several days.

If cost is an issue then include a daily probiotic drink or a plain 'live' yoghurt. Although large doses may be recommended, small amounts can still be helpful.

PROBIOTICS FOR HEALTHY DIGESTION

Source: by *Ellen Landauer* - Published: 2010-05-24

<http://www.disabled-world.com/medical/alternative/probiotics/digestion.php>

What supplement can not only improve digestion and elimination, but also boost the immune system and fight off infection? If you guessed probiotics you are right.

What are Probiotics?

Probiotics are beneficial bacteria that live primarily in our digestive system. Many people are familiar with yogurt, a food that ideally contains these kind of beneficial microorganisms. [Lactobacillus](#) is just one of a number of species that are beneficial to our health. Probiotics also come in supplement form.

Here are some of the benefits of probiotics:

They help us digest and process food, promotes regularity and helps improve mineral absorption.

Probiotics support the small intestine to promote healthy immunity, inhibit yeasts and enhance digestion of milk products. They also benefit the large intestine as the first-choice, safe colon cleanse product that supports healthy liver function.

Why Are Probiotics Important?

The health of the human digestive tract is a much more important determinant of vitality than most people realize. Though it runs deep through the center of the body, the digestive tract is actually exposed to the outer environment through the intake of food.

Not only that, but through its connection with the liver, whatever is happening in the gut influences the health of the blood and lymph. In addition, the lymphatic system interfaces with the gut; throughout the small intestine are lymphoid tissues called 'Peyer's Patches,' which connect with the lymphatic system. If the microorganisms in the small intestine are out of balance, that can affect the health of the whole body!

Sometimes we overlook the simplest ways to boost our vitality. I must admit that for years I didn't use **probiotics**. Why? Because I had given up on finding one that had any tangible benefits. Also, my diet includes plenty of raw dairy and other raw foods, and I figured I was getting all manner of beneficial microorganisms just through what I eat.

In 30 years of involvement with nutritional supplements, I have used many products that claimed to contain live, potent, beneficial bacteria. For the most part, I never noticed much benefit and usually discontinued them.

Just Say 'No' to "Soil-Based Organisms"

One well-known company sells probiotics made with 'soil-based organisms.' The products from that company actually made me feel worse! And it wasn't a 'die-off reaction' or 'detoxification.' I have a very close communication with my body, and lots of experience with 'die-off' and detox. It was very clear that this product was just plain no good.

Soil organisms (SO) are spore formers, so they make good competitors for yeast, fungus and other pathogens. This is why so many people taking soil organisms will initially get good results. However the spores are extremely difficult to kill, surviving sterilants, disinfectants, acceleration forces, heat, pressure, radiation and many antibiotics.

Soil organisms can also adapt loose genetic material and incorporate it into their cellular structure - the ramifications of which are yet unknown. Various soil organisms can also produce harmful peptides, affecting hemoglobin in the blood. It's important to keep in mind that virtually all antibiotic drugs were initially developed from soil organisms and as antibiotics become more potent, they cause more damage to the host, not just in the immediate gut environment, but systematically as well.

In Europe, the use of soil organisms in animal feed is being strictly controlled. There are too many questions and unknowns to justify the use of soil organisms for humans and one can certainly not qualify them as safe at this time.

Feeling is Believing

When you initially start taking a probiotic, you should notice something! If you don't feel any different, either you have an extremely healthy digestive tract, or the product is not potent. Commonly, most of the beneficial bacteria died before you got the product, or they were never alive in the first place. If they are not alive, they can't help you!

There are literally hundreds of strains of probiotics. Most are not genetically suited to do the toughest work. When selecting a probiotic, make sure that the product has been kept refrigerated from the time it was packaged to the time you receive it. The company should guarantee the potency of their product, and should comply with GMP (Good Manufacturing Standards).

If you aspire to optimal health, or wish to improve digestion, support immune function, and fight infections, it is wise to supplement with probiotics.

For more details on how to get the best probiotics, go to:

<http://www.healthfreedomcoach.com.blogspot.com/search/label/probiotics>

WHAT SHOULD YOU LOOK FOR IN A PROBIOTIC?

Source: <http://www.renewlife.com/blog/what-should-you-look-for-in-a-probiotic/>

If you watched ReNew Life Founder Brenda Watson's latest PBS television special, [The Road to Perfect Health](#), you'll know all about the incredible effects of probiotics on the body. But with so many products to choose from, many wonder what factors to consider when choosing an effective probiotic supplement. Let's cover the basics to help you make the most of these health-promoting bacteria.

First, to determine the strength or potency of a probiotic, look at the culture count. The culture count refers to the total amount of live, friendly bacterial cultures in a single serving.

You need at least 15 billion cultures to begin to make an impact on your health—often more, depending upon your age or health-related concern.

Research is showing that more is better, so keep an eye on the number of cultures or CFUs (colony forming units) for best results. Total CFUs or culture count will often be determined at time of manufacture, but very few remain at full strength through their expiration date. Look for a [high quality probiotic](#) that displays potency on the label at time of expiration, not manufacture.

When choosing a probiotic it's also important to pay attention to the number of strains. The strains, or specific types of bacteria, plus the culture count of each should be listed on the label. Over 1,000 strains of beneficial bacteria can be found in the human gut, so it makes sense to choose a probiotic supplement that reflects this natural diversity.

When you scan the label of a good probiotic you'll see strains that begin with Ls and Bs, like Lactobacilli and Bifidobacteria. A good trick to differentiate these is that the L strains are more native to the little (small) intestine and the B strains are generally found in the big (large) intestine or colon. Look for lots of Ls and Bs because each person's body utilizes certain bacterial strains better than others.

While probiotics are also utilized in the upper digestive tract, the majority of bacterial populations exist in the lower small and large intestines. So how do the good bacteria get all the way down there? Probiotics must travel through the harsh stomach environment and be delivered to the intestines to colonize. Delayed-release capsules are engineered to remain intact through the stomach and begin dissolving in the intestine, where they are needed most.

A probiotic supplement, when delivered to the right place, with the right amount of cultures and strains, can help promote digestive health, bowel regularity and strengthen the body's natural immune defenses. Be sure to read the label, so you'll know you're giving your body the probiotic it needs.