



# **Consumer's Guide to Probiotics: How Nature's Friendly Bacteria Can Restore Your Body to Super Health**

*Dr. S.K. Dash*

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Many doctors now say that a quality probiotic supplement is as important to your health as a multivitamin. Probiotics (beneficial bacteria) maintain the intestinal microflora balance, promote good digestion, immune function, help us maintain healthy cholesterol levels and increase resistance to infection. They are naturally available in fermented milk products such as yogurt and buttermilk or as a nutritional supplement. As reported in Time magazine, "Researchers are also looking into the possibility that beneficial bacteria may thwart vaginal infections in women, prevent some food allergies in children and lessen symptoms of Crohn's disease, a relatively rare but painful gastrointestinal disorder." In The Consumer's Guide to Probiotics, probiotic expert, Dr. S.K. Dash, reports the research showing benefits that probiotic products offer, including:

- Reduced risk of yeast infection
- Improved lactose tolerance and digestibility of milk products
- Enhanced synthesis of B vitamins
- Preventing acne
- Protection against E. coli and other food-poisoning type infections
- Protection against peptic ulcer caused by H. pylori
- Promoting digestive health

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