

Probiotics in the Human Body

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People in the health industry should encourage the use of probiotics in today's society. Probiotics, also commonly known as "the good bacteria" can be very beneficial to our health in many ways: the promotion of a healthy digestive system, the prevention of diarrhea caused by antibiotics and a healthy immune system (a large asset to our overall health).

The term probiotics was coined in 2001 by the Food and Agricultural Organization of the United Nations, which defines them as "live microbes which when administered in adequate amounts confer a health benefit on the host. Naturally, a healthy human body is rife with thousands of probiotic bacteria that help reduce the growth of harmful bacteria. The most common types of probiotic bacteria are lactobacillus acidophilus and bifid bacterium. We unknowingly intake some of probiotics every time we consume certain yogurts, yeast, buttermilk and many other dairy products. Other than foods probiotics can be ingested by means of powders or supplements ("Probiotics")

Some doctors suggest that probiotics be used to treat problems in the stomach and intestines, but only certain combinations of bacteria called strains, have been shown to work in the digestive track ("About"). Probiotics help to produce the body's digestive enzymes which break up our food into essential nutrients that are the building block elements that a living organism needs to survive ("Probiotics"). Some people believe that since the digestive system is such a vast and complex system that sometimes attacks itself, taking a supplement or food source isn't going to change anything. The fact of the matter is without probiotic bacteria our bodies would never be able to recover the energy stored in carbohydrates that cannot be absorbed by the intestines alone. By improving

digestion we obtain more natural value from the foods we eat on a regular day basis("Probiotics &").

Also probiotics are used to help prevent diarrhea caused by antibiotics. Antibiotic drugs kill the bodies helpful micro-organisms along with those harmful bacteria. The probiotics balance the intestinal flora during a period of diarrhea and enhance the immune response to the infected micro-organism("Probiotics"). Disruption of the bodies micro-flora can result in diarrhea gas and other gastrointestinal problems("Probiotics &"). After the oral antibiotics have killed the bacteria probiotics replenish the good bacteria that was destroyed by the antibiotics ("About").

Lastly, nature's miracle cure would be very beneficial to our overworked immune system. Studies show that probiotics help boost our immune system and a healthy immune system is the key to a healthy life("Probiotics"). In the immune system probiotics provide a great balance between good and bad bacteria. They can also promote the body's natural defense against infections("About"). Probiotics act as a stepping stool making our immune system stronger and much more efficient which keeps us going from day to day.

Ultimately advancement in the use of probiotics will lead to a healthier society. There are many advantages to using probiotics such as a better digestive system, little to no diarrhea caused by antibiotics, and an overall healthier immune system.

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