

## Join The Age Specific Probiotic Revolution For Better Health

Probiotics are good or friendly bacteria that may just be the most important supplement of all. Probiotics may help boost your immunity, heal disease, and according to recent research, help prevent cancer. All of the above especially applies to both babies and vulnerable older adults. Along with helping people to maintain healthy populations of beneficial bacteria, probiotics have many other health benefits. One that has recently become known is the ability to protect against colon cancer.

A recent study in Ireland found that probiotics, which are live bacteria that can benefit health, may also be just as important as vegetables, legumes, whole grains, and regular exercise in our strategies to lower the risk of cancer. This study was performed on eighty patients who had had either colon cancer tumors or polyps recently removed. Each patient received either a probiotic or a placebo. Included in the probiotic was *Lactobacillus rhamnosus* and a *Bifidobacteria* that was combined with other probiotics. These formulas which contain live probiotics and prebiotics are known as synbiotics. After three months of use, the balance of colon bacteria in those receiving the symbiotic formula had changed to having more *Lactobacilli* and *Bifidobacteria* and less of the bacteria that is linked with increasing cancer risk, as compared to those patients who received placebos.

Additionally, those patients who received synbiotics showed a decrease in DNA damage in the lining of the colon along with a decreased growth and reproduction of colon cells. Also, neither of the groups reported any adverse effects of the synbiotics. These findings were also consistent with those of earlier studies, concluding that "bad" bacteria can produce substances that promote the development of colon cancer. Probiotics have also been shown to decrease abnormal colon cell development and DNA damage in animals.

However, these findings are not yet enough for the FDA to allow the claims that probiotics work against colon cancer, but rather simply state that they support colon health. These studies certainly suggest that the right beneficial strains in the right amounts of probiotics in your gut are a great amount better for you than too much of the bad bacteria.

Many people take a lifetime approach to probiotics, believing that they are appropriate for people of all ages, from babies to children to adults. Probiotics have an immunomodulatory effect at any age by stimulating and boosting the immune system. Even for infants, probiotics are critical. It has been shown that mothers who take a probiotic blend during pregnancy have babies who are less prone to eczema and other allergic conditions.

Additionally, the advent of new methods has made it possible to characterize the gut microbiota changes as we age, and in health and disease. Because of this, products that target specific issues and ages have been produced which can work with each individual's needs. The two key bacteria helping advanced adults are *Lactobacillus rhamnosus* and *Bifidobacteria*, as they provide the additional bacterial strains that are associated with the older adult's needs. Additionally, newborns and babies do not need the same composition as adults. Instead, products for babies include *B. infantis*, *B. bifidum*, and *B. breve*. The greatest thing about probiotics is that you can't overdose. Probiotics are always quite safe and very effective.

When buying a probiotic supplement, look to your local health food store to find the freshest name brand probiotic because not all probiotics are made the same.

### About the Author

More information on [Probiotics for better health](#) is available at VitaNet &reg, LLC Health Food Store. <http://vitanetonline.com/>

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