

Give Your Health A Boost With Beta Glucan

Beta Glucan is a little-known component of many common foods we eat on a daily basis. Cereal, mushrooms, and even baker's yeast contain beta glucan. The substance is most common found in such grains as barley and oats. Beta glucan is often used in soluble fiber supplements. The FDA has given baker's yeast the rating for being generally safe (G.R.A.S.).

Beta Glucan has been studied in Japan for its anti-tumor and anti-malignancy properties. It is commonly known worldwide to have a significant impact on improving the human immune system. The clinical applications have been many for this substance. Beta glucan has been studied for preventing infection in post-operative patients. Likewise, it has been attributed with slightly faster, more efficient healing of wounds. Beta glucan has helped patients with septic shock.

This substance has also been studied for its effects on individuals suffering from arthritis. Beta glucan has been attributed with slowing the disease's progress and preventing further damage to tissues. Beta glucan has been studied for decades, however was too expensive for the general public until recent times. It has no known reactions with prescription medications and beta glucan supplements derived from baker's yeast isn't know to contain enough to cause a reaction in those with yeast allergies.

There are also on-going studies regarding beta glucan and it's usefulness with radiation and radiation exposure. There is a great deal of interest that this can perhaps lessen the severity of symptoms from radiation in chemotherapy and help those experiencing nuclear therapy or who are involved in a nuclear emergency.

Beta glucan is one of the few nutrients that are recommended for both humans and animals. It is also advised for those who have poor daily nutrition, athletes, those regularly exposed to radiation, individuals under stress, or anyone who wants to stay healthy. In truth, studies indicate that consumption of oats, cereal grains, and other beta glucan containing products can lower cholesterol, can aid in overcoming intestinal problems, and can benefit those diagnosed with AIDS and multiple sclerosis.

Beta glucan strengthens the cells responsible for fighting foreign invaders in the body such as viruses, bacteria and even parasites. It helps these cells be more responsive and stronger when free radicals enter the body. One study in Canada evaluated the response of beta glucan to Anthrax. As a result, the beta glucan proved to be a very effective supplement to the antibiotics used in treating this disease.

Higher dosages do not equal effectiveness. Beta glucan is not measured by the size or milligram of the supplement. The determining factors for the effectiveness of beta glucan involve how the substance is processed and if the particular pill re-aggregates during the digestive process. If your supplement re-aggregates, it will not have the same effective nature as those that do not.

Be sure to evaluate the labels and inspect the image the company is portraying. If a product is "too good to be true," it is. As always, consult with your physician before starting this or any other long-term supplement.

About the Author

More information on the nutritive advantages of [Beta Glucan](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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