

THE DOCTOR IS IN:

Probiotics for Digestive Health – The Medium is the Message!

by Taryn Forrelli, ND



Probiotics are beneficial bacteria that occur naturally in the human intestinal tract. Foods “cultured” with beneficial strains of probiotics, such as yogurt and kefir, have been used throughout history to improve overall health and vitality, and today, there are many studies demonstrating their ability to balance and promote digestive health.*

Specifically, probiotics have been shown to support normal digestion and absorption of nutrients, promote lactose digestion, neutralize naturally occurring toxins, maintain normal levels of yeasts, support a healthy intestinal lining, relieve gas and bloating, and promote bowel regularity.*

Probiotics also play an important role in modulating the immune system, 70% of which is located in the gut. With all of this in mind, it is not surprising that there has been a growing interest in the use of probiotic supplements by individuals wanting to improve their digestion and overall health.

Maximizing Probiotic Benefits

Choosing the right probiotic supplement is important for achieving the desired results. To make a probiotic supplement, selected strains of beneficial bacteria such as *Lactobacillus acidophilus*, *Lactobacillus casei*, and *Bifidobacter bifidum* must first be cultured on a food medium, such as milk or soy. Since each strain of probiotics has an affinity for a different part of the digestive tract and a unique mechanism of action, a product that delivers

multiple strains is preferable to single strain products. As the probiotics replicate, they biotransform the food medium, breaking down nutrients and making them more bioavailable while secreting beneficial compounds into the medium called “synbiotics.”

Research suggests that synbiotics are largely responsible for the benefits of probiotics. In other words, *the medium is the message*. In fact, studies have found that synbiotic-containing foods and supplements can promote digestive health and help maintain a healthy balance of gut microflora regardless of the presence of live cultures.* Unfortunately, most probiotic supplement manufacturers separate the probiotics from their food medium once the desired number of cultures is achieved, and therefore fail to deliver the full range of health benefits associated with eating probiotic foods.

New Chapter’s All-Flora, with Pre-, Pro- and Syn-biotics

New Chapter® is one of only a few supplement companies offering a multi-species blend of live probiotics with the synbiotic-rich growth medium intact. Their best selling probiotic product, **All-Flora**®, contains 9 synergistic strains of live probiotics cultured together on a non-dairy food medium containing organic soy. When culturing is complete, the synbiotic-rich food medium and live probiotics are freeze-dried together, a process that preserves their potency until consumed. The product is then enriched with organic apple and inulin from organic Jerusalem artichoke, prebiotics that serve to enhance probiotic benefits.

When consumed, the combination of live probiotics, organic prebiotics, and cultured food medium provide synergistic benefits for the entire digestive tract, immune system, and beyond.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.