



Probiotics: Facts, Myths and Women (Part 2)

As we continue our discussion of the benefits of daily high-quality probiotics, let's talk specifically about the benefits for women. As women, we are constantly trying to balance our families, careers, time, energy, work and, yes, fun. Worrying about balancing our microbiome shouldn't be a challenge. Previously, we spoke about replenishing beneficial bacteria in our gut with the inclusion of fermented foods in our diets. We also spoke about the health benefits of a daily quality probiotic.

Specifically for women, probiotics offer additional benefits:

1) Since the gut plays an active role in immune health, replenishing beneficial intestinal bacteria to help regulate immune cell activity is crucial. Basically, taking care of our gut allows us to do the job we love the most...taking care of others.

2) Probiotics provide self-care for "down there." Believe it or not, there are clinically researched probiotic strains that have been shown to help maintain a healthy vaginal environment.

3) Worried about your weight? Did you know that probiotics can help us maintain a healthy weight? Bifidobacterium B-420 has clinical research to show that it helps to control body fat.

4) Probiotics help to maintain regular elimination by the colon. Formulas containing *S. boulardi* and *B. lactis* have been studied extensively for their gastrointestinal benefits.

5) Lastly, probiotics can help support mood and cognition through our gut-brain axis. A common complaint among my new clients is the presence of brain fog and moodiness. So, supporting our gut microbiome may help to make us (and the people we live with) happier.

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