



TAU NEWS

Sound advice of our naturopaths and our natural health counselors.



Probiotics & gastro-intestinal afflications

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Bacteria are everywhere

A healthy intestinal flora comprises of billions of good bacteria capable of defending us against harmful ones. Public places such as hospitals, daycare centres, schools, elder residences, office towers and public transportation are all conducive for pathogenic bacteria proliferation. Water and food can also be sources of contamination while in foreign countries...

Infections happen often

Probiotics are notable for their effectiveness in fighting infection. The good bacteria in our intestinal flora fight 24/7 for our daily survival. Probiotics can be their integral support.

Make sure to get the right kind

A quality probiotic is essential for this function. The selected strains must be clearly identified, and in order to be effective, must be alive when they reach the intestines. The higher the number of bacteria, the higher the chance it will have to colonize the intestinal mucosa.

Probiotics can help!

Whether addressing C. Difficile or bacterial infections contracted through someone or while travelling, probiotics have proven their mettle for treating diarrhoea and gastro-intestinal disturbances associated with these symptoms.

Make it a habit

Use probiotics daily preventatively or to restore the intestinal flora from diarrhea or constipation, to attenuate the symptoms of irritable bowel syndrome, colitis and Chron's disease. Feel the full benefits of probiotics while integrating them in your daily menu.



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