



Probiotics can help treat symptoms of IBS

Probiotics are in the news every week these days with research studies being published and news features on people who live better using them. Some have shown that there are possibilities of an [anxiety-free future](#) by taking probiotics. Those possibilities are becoming more like probabilities, based on the results of a [University of Michigan study](#) on [irritable bowel syndrome](#) (IBS) published in *Science Daily*.

Although stressful emotions aren't the primary cause of IBS, they can alter brain-gut interactions that trigger the intestinal inflammation, which spurs diarrhea, belly pains (severe or chronic) or a loss of appetite.

By testing on mice, University of Michigan scientists discovered that stress may suppress an important element called an [inflammasome](#), which is needed to maintain healthy gut microbes. The good news: Probiotics reversed this suppressive effect.

“This study reveals an important mechanism for explaining why IBS patients taking probiotics makes sense,” said Senior Study Author, Gastroenterologist and Associate Professor of Internal Medicine at the University of Michigan John Y. Kao, M.D.

During the course of the study, researchers found inhibiting inflammasomes changed gut composition, resulting in intestinal inflammation. However, pretreating some mice with probiotics reduced inflammation in animals with stress-induced, small bowel inflammation.

The Journal of Gastroenterology and Hepatology recently released another study that found probiotics containing multiple strains of beneficial bacteria reduced IBS symptoms in 68 percent of participants compared to just 37.5 percent of those given a placebo.

In fact, studies have shown beyond a doubt that [probiotics](#) containing multiple strains of beneficial bacteria are more effective in treating a host of health problems in addition to IBS, including diarrhea, immune functioning and respiratory tract infections.

Both studies show how probiotics can help treat the symptoms of IBS. Taking a health-boosting probiotic like EndoMune Advanced, which contains at least 10 different varieties of bacteria, some 16 billion beneficial bacteria and prebiotics every day, can do wonders for your continued good health.

Before starting any probiotic regimen such as taking a supplement for a health disorder, consult a healthcare provider.

About the Author:

Dr. Lawrence Hoberman is a San Antonio-based practicing gastroenterologist who wants his patients to feel better. After trying to help his patients deal with a variety of digestive symptoms, he decided to create his own probiotic called EndoMune Advanced and a formula for children called EndoMune Junior. EndoMune is sold in retail locations and pharmacies in San Antonio, Austin, Dallas/Ft. Worth, Houston and other Texas areas. It is also available nationally through his product website, www.endomune.com, and on Amazon.com.