Article published on July 17th 2012 | Alternative Medicine

You should know that not all bacteria are bad. In fact, there are beneficial bacteria, and in your gut reside trillions of them. During a normal delivery, a baby gets a dose of these good bacteria from her motherâ€™s birth canal. This event starts the colonization of the gutâ€™s microflora, which contribute to digestive health. Studies show that infants born out of a caesarian-section delivery have low amounts of good bacteria in their gastrointestinal tract.

As you mature, these microorganisms inside your gut aid your digestive processes. However, they too are harmed because of many factors, including processed foods, chlorinated drinking water, antibiotics, and even emotional stress. The beneficial bacteria inside your gut can only survive if the proper balance of various bacteria is upheld.

How to Maintain Balance in Your Gut

Of course, you can achieve this balance by maintaining a proper diet. It is very crucial for you to consume less processed snacks. Processed products contain great amounts of sugar and grains, which can cause harm to your gutâ€™s beneficial bacteria. While you reduce or even eliminate these from your meals, you should add more fermented foods, which contain heaps of probiotics.

Rather than consume fermented foods, some prefer getting probiotics from high-quality probiotics supplements. These are often infused with sufficient strains and billions of colony-forming units (CFUs) â€“ the measurement of viable microbes inside the probiotic. However, supplements should be chosen with caution because not all of them can deliver what they promise.

When browsing for one, remember that the supplement should:

Contain effective bacterial strains â€“ The probiotics supplement should have at least 10 live strains of beneficial bacteria. Furthermore, some manufacturers add prebiotics, organisms that keep the probiotics healthy, to the formula. You should for this as well.

Be viable and dose-specific, and should remain this way for a long period of time â€“ For a probiotic supplement to be effective, it should have a minimum of 70 billion CFU per serving. This should also be guaranteed through the product expiration date. Some manufacturers add up to 90 billion CFUs to compensate for the storage temperature variances.

Have the ability to survive stomach acids and reach the intestines â€“ Find a formula that has acid-and bile-resistant strains. Some supplements have probiotics that are not able to reach the intestines.

Look for these qualities and youâ€™re sure to have a high-quality supplement. If you have kids you want to put on probiotics supplements, you can find supplements in powder or liquid form.

Article Source:
http://www.articleside.com/alternative-medicine-articles/how-to-reseed-your-gut-flora-with-probiotics.htm - Article Side

Linda Snow - About Author:
Linda Snow is a devoted parent and blogger. She does research on numerous ways on how to keep

her kids healthy. Among her favorite topics is probiotics. Recently, she tried taking a probiotics supplements. She also has other blog posts about probiotics and fermented foods in her personal blog. Linda Snow also writes about fun family bonding activities and kidsâ€™ sports.

Article Keywords:
probiotics, probiotics supplements, best probiotics

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!