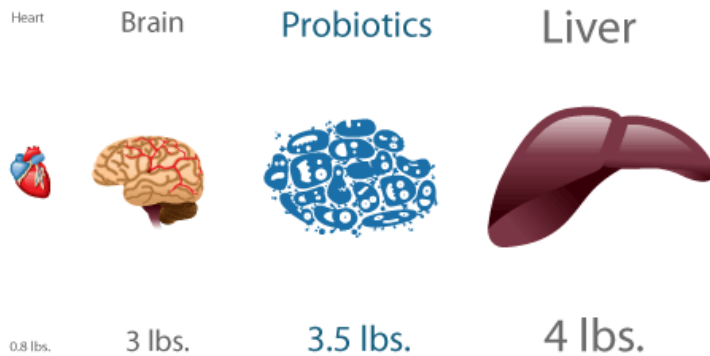


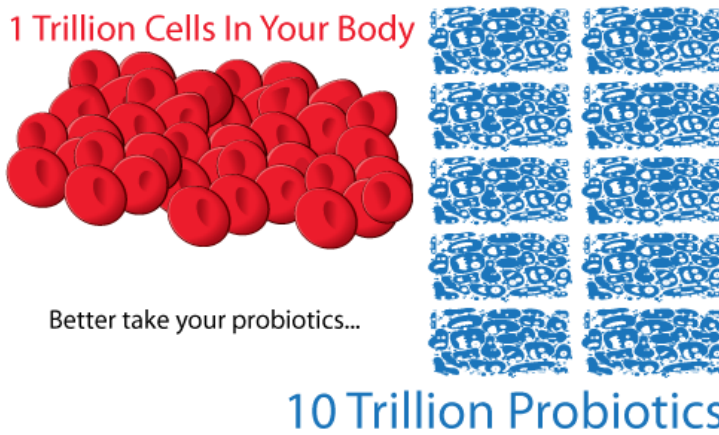
# 21 Amazing Facts About Probiotics

## 1. Probiotics In Our Body's Weight Are More than Our Brain Weight



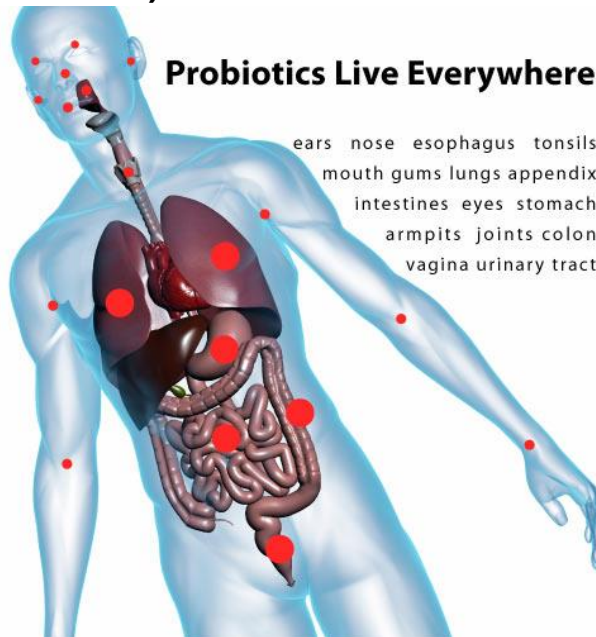
Usually, the human brain weighs about 3 pounds (1kg), and a healthy human body will have over 3.5 pounds (1.5kg) of probiotic bacteria and organisms (according to Casey Adams Ph.D.). The fact that our heart weighs only 0.7 pounds (0.3kg), and our liver weighs about 4 pounds (1.8kg), makes our probiotic bacteria the 2nd largest organ in our body.

## 2. There Are 10 Times More Probiotics Than Cells in Our Body



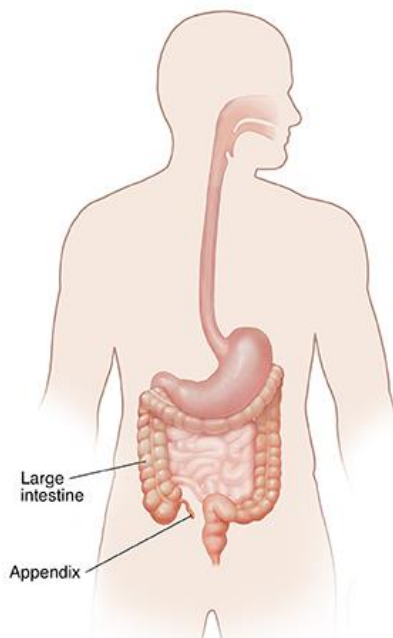
In a healthy person, there are more than 100-300 Trillion probiotic bacteria and yeast, compared to only 10 trillion cells in our body.

### 3. Probiotics Live Throughout Our Entire Body (Not Just Our Stomach!)



The largest number of probiotics live and are found in the colon, but billions also live and are found in the mouth, oral cavity, nasal cavity, the esophagus, around the gums, and in the pockets of our pleural cavity (surrounding our lungs). They live within our stomach, our intestines, within the vagina, and around the rectum. within joints, under the armpits, under the toenails, between the toes, urinary tract, inside our urinary tract, and many other places!

### 4. The Appendix Is Not Useless – It Incubates Probiotics



Appendicitis is a life-threatening condition, and it comes to worst, it could require removing the appendix. In 2007, Randal *et al.* at Duke University conducted research into the vermiform appendix. The researchers observed that when the body was attacked by pathogens, the appendix would release probiotic bacteria that would perfectly fight against the specific type of invaders.

## 5. Probiotics Fight Cancer, Colds, and Constipation



It is common that you hear that probiotics can reduce constipation (Italy, Amenta *et al.* 2006). But what may be different for you, is that probiotics play a role in cancer. They have been shown to stimulate the production of anti-cancer chemicals (Hatakka *et al.* 2008). The probiotics, *Lactobacillus casei*, have also been shown in Tokyo to reduce the risk of bladder cancer, depending on frequency and dosage (Ohashi *et al.* 2002).

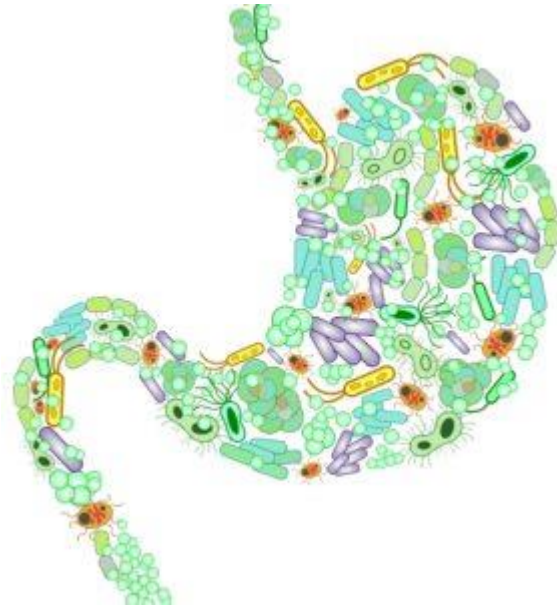
Numerous probiotics have been shown to fight viruses such as colds, the flu, rotavirus, herpes and ulcers. In New Delhi, 100 children ages 2-5 were given *L. acidophilus* for 6 months. These children have fewer incidences of colds, flu, diarrhea and fever than the placebo group (Saran *et al.* 2002).

## 6. Probiotics Are Responsible For 70% Of Our Immune Response



According to Casey Adams Ph.D., probiotics play a role in 70-80% of our immune cells in the gut. Probiotics stimulate everything from T-cells to macrophages. Probiotics also activate cytokines and phagocytic cells to coordinate the immune response.

## 7. 400 Strains of Probiotics Live In Our Bodies



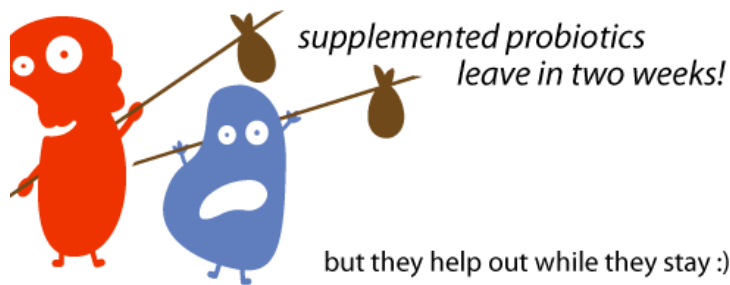
According to research studies, there are more than 400 probiotic strains that live and grow naturally in our bodies. Some of these probiotics are permanent residents, and others are temporarily. Yet, only 20 strains account for 75% of the mass of bacteria that live in our bodies.

## 8. Probiotics Could Reduce Lactose Intolerance



In a 1996 study, Jiang et al. studied milks containing *B. Longum* grown in a medium rich in lactose. He found that people with lactose intolerance who consumed this special milk showed significantly fewer symptoms of lactose intolerance. Many studies have shown probiotics to be helpful in decreasing lactose intolerance.

## 9. Supplemented Probiotics Don't Stay in The Body



It is interesting to note that no study has shown that supplemented probiotic strains remain in the body for more than two weeks. At the National University of Singapore, Mah et al. infants were given probiotic supplements for the first 6 months of their life. During these 6 months of supplementation, the supplemented probiotic strains were present in the infants' feces. However, within weeks of stopping the supplementation, the probiotic strains were no longer found in the feces.

Hence, the results of the research studies suggest that supplemented probiotics help in our native probiotic strains. The foreign probiotic strains form a beachhead for our own native probiotics and allow our probiotics to grow. This situation could lead to a foreign army invading a country as an example, fighting one "evil" group member, and allowing another "good" group member time to grow.

## 10. Natural Birth (non-C-sec) Is Our First Dose of Probiotics



A healthy mother will have a vagina lined with probiotics to fight against microorganisms. Did you know that when a baby experiences a vaginal birth, the baby gets its first dose of probiotics? In fact, 60% of vaginal births will give infants their first probiotic inoculation of *Bifidus Infantis*. However, only 1% of caesarean section births will give infants *B. Infantis* inoculation, according to "Probiotics" by Casey Adams. After getting a dose of probiotics from a vaginal birth, consumption of breast milk gives more probiotic inoculation. In fact, a mother's colostrum has up to 40% probiotic content.

Source from:

1. <https://probiotics.org/amazing-facts/>