



From the desk of Dr Harry

Probiotics

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As health professionals we have been interested in the usefulness of probiotics for some time. Probiotics are found in yoghurt, Yakult, and one can purchase capsules/tablets at the chemist, of these necessary strains of intestinal organisms.

Probiotics have already been found to be useful during a bout of gastroenteritis, and they seem to reduce the duration of diarrhea. There is some evidence that they can be helpful in eczema. Do they boost immunity? Are they helpful in infant colic? These studies are currently being conducted.

The most recent study suggests that probiotics that are actually found in breast milk introduced into the small intestine of mice, seemed to relax the smooth muscle in the gut. It is a long way from showing that probiotics can be effective in infants and children, but it is an important start.

For further details please refer to:

www.eurekalert.org/pub_releases/2010-06/foas-pfi060210.php

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