

Subject: Do probiotics even work?

If you believe the marketing claims, probiotics can help you with just about anything—IBS, leaky gut, diarrhea, brain fog, and even fat loss.

But is this actually true?

Generally speaking, probiotics probably won't hurt, and they might help. They also might be a complete waste of money.

The idea is that probiotics can help rebalance your gut microbes, so the “good” bugs outweigh the “bad.”

Here's where it gets tricky.

There are hundreds of strains of gut bacteria. And if consumers don't choose the right probiotic for the right ailment, they'll get no benefit. (That's according to Gabrielle Fundaro, PhD, who's one of the world's foremost experts on gut health and probiotics.)

In fact, based on research, there are only a few known conditions that probiotics help with. (Spoiler alert: Fat loss isn't one of them.)

So what *do* probiotics work for?

How do you choose one? And how do you know if it's working?

Here's what we know from research:

- ▶ Probiotics are most likely to help: IBS, ulcerative colitis, antibiotic-associated diarrhea, H. pylori, and infectious diarrhea and C. diff
- ▶ Probiotics aren't likely to help: metabolic health, digestion, mental health, fat loss, or “leaky gut” (+ more)
- ▶ Probiotics DO NOT need to be refrigerated
- ▶ It's best to take probiotics right before meals
- ▶ Symptoms should improve within 4 weeks (if it's working)

The big takeaway here: If you're considering a probiotic, you want to make sure the one you choose has the right strains for your ailment. So always ask your doctor first and use their recommendation and instructions.

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ABOUT ME

I received my training from the **Institute for Integrative Nutrition and Precision Nutrition** where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

Phone: (810) 569-8184

Joshua@compasshealthwellness.com