



## Probiotic Rescue: How You can use Probiotics to Fight Cholesterol, Cancer, Superbugs, Digestive Complaints and More

By Allison Tannis

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One of the greatest discoveries to hit the health and nutrition market recently has been the effects of probiotics on nearly every aspect of our well-being. Research suggests that probiotics can benefit those with irritable bowel syndrome, eczema, lactose intolerance, diarrhea, cancer and more. More importantly, probiotics support the immune system and improve overall health, and may help cure those infected with E.coli or C.difficile, asthma sufferers or those infected by superbugs. With health benefits for people of every age, gender and race, probiotics are the most important nutritional breakthrough so far this century. Despite these impressive discoveries, many are still unaware about the vast benefits associated with using probiotics, or confused by the array of choices and new information available on the market. This guide is a complete reference that will demystify probiotics, and show readers how to incorporate them safely and effectively into their lifestyles.

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