



# **The Power of Probiotics: Improving Your Health with Beneficial Microbes (Haworth Series in Integrative Healing)**

*Gary W. Elmer, Lynne V Mcfarland, Marc Mcfarland, Ethan B Russo*

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Get information you can trust to make the right decisions about probiotics


The Power of Probiotics is a consumer-friendly guide to the selection and use of probiotics that have been proven effective in the prevention and treatment of human diseases. This jargon-free reference resource provides practical advice on how and when to use probiotics and how to select the best commercially available products, based on usefulness, quality, and safety, to lower the risk of disease and maintain a positive health image. The book offers objective information on evaluating product claims, making sense of regulations and labeling, and sorting through manufacturing and marketing issues.

The Power of Probiotics presents an expert review of the scientific evidence for probiotics, illustrated with summary tables and diagrams for quick reference. Each chapter starts with a series of FAQs with clear and concise answers before moving into more in-depth analysis from the book's authors, who combine more than 20 years of research from the patient clinic and the bench laboratory with extensive experience in writing and translating medical articles for consumer-oriented publications. This unique book presents definitions and descriptions of probiotics and a history of their uses, a review of medical conditions prevented and/or treated by probiotics, available products (with brand names), uses with other medications, and risks and side effects.

The Power of Probiotics examines the treatment and/or prevention of:

- allergies
- cancer
- colds and flu
- constipation
- dental health
- diarrhea
- high cholesterol
- indigestion
- inflammatory bowel diseases
- pseudomembranous colitis
- stomach ulcers
- stress
- urinary tract infections
- vaginal infections
- weight loss
- and much more!

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The Power of Probiotics: Improving Your Health with Beneficial Microbes (Haworth Series in Integrative Healing) can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to get every word into joy arrangement in writing The Power of Probiotics: Improving Your Health with Beneficial Microbes (Haworth Series in Integrative Healing) nevertheless doesn't forget the main place, giving the reader the hottest and based confirm resource facts that maybe you can be certainly one of it. This great information could drawn you into fresh stage of crucial considering.

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