

Healthy Living

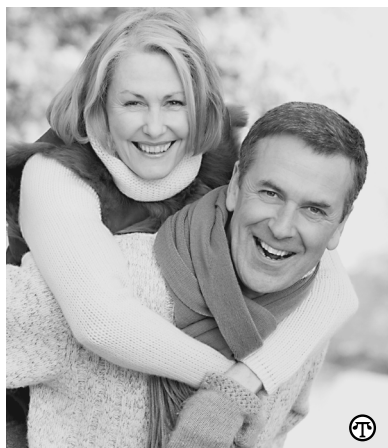
Staying Healthier This Winter

(NAPSA)—During cold and flu season and throughout the year, it's important to know about ways to boost your immune system—thereby reducing your chance of getting sick. And a growing number of people are finding that beneficial bacteria, or probiotics, can help them feel better in a number of ways.

That's because enhancing the functioning of "good" bacteria in the digestive system is important not only for regulating digestive health, but also for supporting a healthy immune system. The National Institute of Allergy and Infectious Diseases estimates there are 1 billion colds in the U.S. each year. And, according to the Centers for Disease Control, 5 to 20 percent of all people in the U.S. contract the flu each year. Many of these people could benefit from the use of probiotics.

Approximately 70 percent of the immune system is found in the digestive tract. Consequently, maintaining a healthy bacterial environment in the digestive tract simultaneously provides an optimum environment for the immune system to function, helping to keep the body free from disease and infection.

When considering adding probiotics to your daily routine, it is important to assess the probiotic strain in the product or supplement you are taking. Certain strains, such as those called spore-forming probiotics, can deliver more "good" bacteria to your digestive system, which



Beneficial bacteria, known as probiotics, can help people stay healthier during cold and flu season and throughout the year.

means you get greater digestive and immune health benefits.

One such product with spore-forming "good" bacteria is Sustenex, developed by Ganeden Biotech. It offers a proprietary blend of probiotics in capsule form, making it easier and more convenient for people to get their daily dose. It is available at Walgreens, Wal-Mart, CVS/pharmacy, Kroger and other retailers nationwide.

To learn more, visit the Web site at www.digestiveadvantage.com. On the site, you can download a podcast series by Dr. Michael Roizen, co-author of the best-selling "YOU" series of books, who talks about the beneficial effects of probiotics and the importance of knowing the difference between particular probiotic strains.