

Pre-biotics and Probiotics reduce the risk of infection



8th September, 2011

We now are at a greater risk of infection after taking antibiotics and consequently will need some probiotics to get our immune systems back into shape.

Recent work in France confirms there was a group of children who had experienced at least 3 infections during the previous winter, were given either a probiotic (acidophilus) and some FOS(fructooligosaccharides) or a placebo during the winter for 3 months.

There was a 25% reduction of chest, gastrointestinal, and ear nose and throat infections in the treated group compared to the placebo group.

To sum up if your child has a tendency to winter coughs ,colds and ear infections you can help them with a daily supplement of acidophilus taken after any meal, this would be enhanced by a little vitamin D which also lowers infection risk and is largely absent during the winter due to lack of sunlight. Take about 400iu-2000iu (10-50mcg). This may even help to cheer them up during the darker evenings.