



## **Probiotics for Children and Infants**

The word "Probiotic" means "beneficial life" or "good bacteria" as opposed to "Antibiotic" which means "against life" or a drug that destroys bacteria.

A healthy human being will have trillions of beneficial bacteria sharing life with us in our gut. When a baby is born via vaginal delivery the child receives the initial dose of beneficial bacteria by traveling through the birth canal. While breast-feeding the infant receives more immune support through Colostrum and small amounts of probiotics, both of which are found in mother's milk .

If the child is born via "C section" there is no natural inoculation with good beneficial bacteria.

Think of it this way: If we have an active, thorough colonization of the gut by beneficial bacteria there is very little room for inhospitable bacteria to take hold. This is so important that experts tell us that up to 60 % of our immune function resides in our gut.

Here are some of the uses of Probiotics (beneficial bacteria) in Children:

- Reduces or eliminates common causes of diarrhea

- Reduces the effects of lactose intolerance

- Supports healthy immune function to reduce allergies, eczema and asthma

- Reduces yeast infections or outbreaks of candida

- Reduces toddlers' ear infections

A multi -strain formulation is most important. A formulation that contains bifidus is most important for infants but as the child gets older they will need acidophilus as well. We recommend formulas such as Millerbiotic that contain both because ensuring adequate levels of beneficial bacteria is the best way to support your child's healthy immune function.