

Understanding What Your Body Needs -- Finding the Right Probiotic Strain

Research has proven that Probiotics have great potential to improve diet as well as treatments and prevention. Probiotic supplements are a part of the most bought supplements because of its microbiome benefits which include everything from immunity to vaginal health. There are a wide variety of probiotics available which is why it is important to know what your body needs specifically so you can get the best probiotic. Your body will always provide all the clues you need, all you have to do is pay close attention so you can figure out what it needs.

The panel of a probiotic supplement can be a little daunting with the list of scientific bacteria and strains listed. None of the strains are the same and each of them serves specific purposes but can be confusing to the average person. In this article, we will discuss the best probiotic strains and their respective benefits. This way, you will be able to know the right probiotic strain your body needs and purchase the right supplement. Let's get right to it, shall we?

Lactobacillus acidophilus

This is the most accepted and used probiotic species in the world and its history can be traced to the 1920s. The Lactobacillus acidophilus strain, on the other hand, was discovered by Dr. Khem Shahani in 1950. Apart from supplements, this strain can also be found in different fermented foods such as cheese or yogurt. Since its debut, it has been studied and researched to prove its benefits to the human body. Highlighted below are the various benefits of Lactobacillus acidophilus.

- It Helps to Reduce Cholesterol – Studies have shown that this probiotic strain may be able to reduce cholesterol levels.
- Depression—[Research](#) has shown that this strain may reduce the risk of getting depression and it also helps to treat depression symptoms.
- It helps in the digestion of lactose—this strain helps the body to break down and metabolize lactose. Some adults around the world find it hard to digest lactose based products and this can lead to bloating, diarrhea, and pain. [Studies](#) that have been carried out show that supplements with this strain helps break down lactose and reduces the symptoms of lactose intolerance.
- It alleviates constipation – [Several types of research](#) have been carried out and they reveal that this strain alongside other probiotics help to improve irritable bowel syndrome symptoms such as constipation, diarrhea, and bloating.
- Immunity—a 2015 study suggested that this probiotic strain can help to boost the immune systems.
- Vaginal Health – Lactobacillus acidophilus can help treat and prevent common vaginal infections such as vaginosis and yeast infections.

Lactobacillus rhamnosus

This probiotic can be found naturally in the human body as well as dairy products. There are a wide variety of studies that support the benefits of this strain. This strain is available as a supplement and its health benefits are as follows.

- It Helps Prevent Diarrhea— One of the common issues caused by bacteria infection is Diarrhea. Studies show that this strain can help prevent as well as treat the different types of diarrhea. It has also been proven to reduce the symptoms of irritable bowel syndrome.
- It Supports Digestive Health—Just like other probiotic strains, *L. rhamnosus* helps your digestive health. It prevents bad bacteria from moving and it assists the growth of good bacteria in the gut. This strain increases the production of short-chain fatty acids which are linked to weight loss, low sugar level, and colon cancer protection.
- Helps in the Prevention of UTIs – Urinary tract infections are very common in women and it can affect the bladder, urethra, or kidneys. Studies carried out have shown that this strain may prevent UTIs by killing off the harmful bacteria.

Lactobacillus plantarum

This is a unique *Lactobacillus* strain shown to yield antibodies that tackle the bad bacteria in the gut. This strain can survive the journey to the gut of your body as they grow best at a temperature close to body temperature. Some researchers claim that this strain can help to treat and prevent illnesses such as diabetes, high cholesterol, anxiety, and others. Outlined below are the various benefits of the *Lactobacillus plantarum* strain.

- It helps Alleviate IBS symptoms – some clinical trials and [studies](#) have shown that this probiotic strain may help reduce some of the symptoms associated with IBS.
- It improves the health of the heart – this strain has been proven to improve risks of cardiovascular diseases such as high blood sugar in humans.
- It Supports Digestion
- Improves the Immune system of the body

Bifidobacterium infantis

This probiotic strain is very beneficial to the microbiome of infants. It is found naturally in the gastrointestinal tract and oral cavity of humans and it aids in maintaining a healthy digestive tract. Several studies suggest this strain can help treat a variety of health issues.

- It reduces gastrointestinal issues as a result of microbiome composition
- It helps in the digestion and the break down of human milk for infants
- This probiotic strain supplies healthy bacteria to the infant's microbiome
- It aids in utilizing the unique sugars enclosed in breast milk

Bifidobacterium logum

This particular probiotic strain is widely known for protecting the intestinal walls from harmful bacteria. This strain helps to break down proteins and carbohydrates in the body to achieve this. There are benefits attached to this probiotic strain and they are outlined below.

- It aids in digestion
- It improves the immune system of the body
- It aids in relieving constipation
- It reduces the symptoms of anxiety and helps individuals respond healthily to stress

To Wrap It Up

We understand the long-sounding scientific names can be daunting which is why we have written this article to help you. It is vital to understand what is needed by your body as no two probiotic strains are the same. Once you understand your body and what it needs, you will be able to purchase the right supplements with the needed probiotic strains – long sounding scientific name aside. Probiotics are important to the body which is why supplements exist to help alleviate and improve your body functions.