



Probiotics: A Foundation for Gastrointestinal Health in Infants, Children, and Adults

Eamonn Quigley M.D., Jon Vanderhoof M.D.

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To ensure good health, maintaining a properly functioning digestive system is crucial. The bacteria present in your digestive tract play a major role. Imbalances in the types of gut flora (friendly versus harmful), can lead to digestive disturbances, which, if left unchecked, can lead to far more serious health issues. Researchers have observed that certain organisms, primarily species of lactobacillus or bifidobacterium, have health-promoting benefits. In *Probiotics: A Foundation for Gastrointestinal Health in Infants, Children, and Adults*, you will discover that one such bacterium, Lactobacillus GG, has been clinically proven to be not only beneficial to the digestive system, but also to one's overall health.

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