



with Naturopath **Tanya Kurzbock**

Probiotic Therapeutic Effect

Cheat Sheet

Digestive Health

- **Benefit:** Improve gut flora balance.
- **Strains:** Lactobacillus rhamnosus, Bifidobacterium breve, Lactobacillus plantarum.
- **Conditions:** Irritable Bowel Syndrome (IBS), diarrhea, constipation.

Immune Boost

- **Benefit:** Enhance immune system function.
- **Strains:** Lactobacillus, Bifidobacterium.
- **Conditions:** Respiratory infections, allergies.

Mood Regulation

- **Benefit:** Influence the gut-brain axis.
- **Strains:** Bifidobacterium longum, Lactobacillus rhamnosus, Bifidobacterium fermentum, Lactobacillus plantarum
- **Conditions:** Anxiety, depression, healthy emotional balance

Inflammation Reduction

- **Benefit:** Alleviate systemic inflammation.
- **Strains:** Lactobacillus plantarum.
- **Conditions:** Inflammatory Bowel Disease (IBD), arthritis.

Better Nutrient Absorption

- **Benefit:** Enhance absorption of vitamins and minerals.
- **Strains:** Lactobacillus, Bifidobacterium.
- **Conditions:** Malabsorption issues.

Antibiotic Support

- **Benefit:** Mitigate antibiotic-associated diarrhea.
- **Strains:** Saccharomyces boulardii.
- **Conditions:** Post-antibiotic therapy.

Women's Health

- **Benefit:** Maintain urogenital health.
- **Strains:** Lactobacillus rhamnosus, Bifidobacterium fermentum, Lactobacillus reuteri.
- **Conditions:** Urinary tract infections, yeast infections.

Dental Health

- **Benefit:** Reduce oral pathogens.
- **Strains:** Lactobacillus reuteri, Lactobacillus helveticus, Lactobacillus rhamnosus, Saccharomyces boulardii
- **Conditions:** Gum disease, cavities.

Metabolic Health

- **Benefit:** Support weight management.
- **Strains:** Lactobacillus gasseri.
- **Conditions:** Obesity, metabolic syndrome.

Allergy Management

- **Benefit:** Modulate immune response.
- **Strains:** Lactobacillus rhamnosus, Lactobacillus salivarius, Bifidobacterium breve
- **Conditions:** Allergic rhinitis, asthma, immune system function.

Remember, the effectiveness may vary based on the individual, and consulting with a healthcare professional is advisable for specific health concerns. Book a **Discovery Call** to discuss how naturopathic medicine can help.



BOOK NOW

www.yournaturopath.online