

- incidence-and-severity-respiratory-diseases)** during the cold season.
5. Probiotic bacteria **reduce the duration and severity of common cold episodes.** ([/article/probiotic-bacteria-reduce-duration-and-severity-common-cold-episodes](#))
 6. Postnatal probiotic and prebiotic treatment is safe and **increases resistance to respiratory infections** ([/article/postnatal-probiotic-and-prebiotic-treatment-safe-and-increases-resistance-respiratory](#)) during the first 2 years of life.
 7. Probiotic therapy has therapeutic value in treating **Klebsiella** ([/article/probiotic-therapy-has-therapeutic-value-treating-klebsiella-infection-children](#)) infection in children.
 8. Lactobacillus rhamnosus and Lactobacillus reuteri **reduce the duration of diarrhea in children** ([/article/lactobacillus-rhamnosus-and-lactobacillus-reuteri-reduce-duration-diarrhea-children-mild](#)) with mild gastroenteritis.
 9. Lactobacillus acidophilus can **alleviate the symptoms of perennial allergic rhinitis.** ([/article/lactobacillus-acidophilus-can-alleviate-symptoms-perennial-allergic-rhinitis-0](#))
 10. Acute non- inflammatory **gastroenteritis** ([/article/acute-non-inflammatory-gastroenteritis-improvement-accelerated-probiotic-yogurt-consumption](#)) **improvement is accelerated** by probiotic yogurt consumption.
 11. Lactobacillus reuteri significantly **shortens the duration of watery diarrhea associated with rotavirus gastroenteritis** ([/article/lactobacillus-reuteri-significantly-shortens-duration-watery-diarrhea-associated-rotavirus](#)) in children between 6 and 36 months.
 12. The probiotics Bifidobacterium breve and Lactobacillus casei **reduce complications in patients with SIRS.** ([/article/probiotics-bifidobacterium-breve-and-lactobacillus-casei-reduce-complications-patients-sirs](#))
 13. Probiotics **demonstrate immunomodulatory effects** ([/article/probiotics-demonstrate-immunomodulatory-effects-atopic-pediatric-patients-increasing-th1](#)) **in atopic pediatric patients** by increasing the TH1 immune response which counterbalances the dominant TH2 immune response.
 14. Lactobacillus plantarum **reduces the negative effects of antibiotic treatment** with **Clostridium difficile.** ([/article/lactobacillus-plantarum-reduces-negative-effects-antibiotic-treatment-clostridium-difficile](#))
 15. Probiotics may have a **preventive and therapeutic role in antibiotic-associated diarrhea** subsequent to treatment for **Clostridium difficile.** ([/article/probiotics-may-have-preventive-and-therapeutic-role-antibiotic-associated-diarrhea](#))
 16. A combination of lactobacillus reuteri and lactobacillus rhamnosus were **helpful in vaginosis and bacterial vaginitis** ([/article/combination-lactobacillus-reuteri-and-lactobacillus-rhamnosus-were-helpful-vaginosis-and-0](#)) treatment.
 17. Saccharomyces boulardii **inhibits Escherichia colia infection** ([/article/saccharomyces-boulardii-inhibits-escherichia-colia-infection-children](#)) in children.
 18. Probiotic strains from breast milk are **superior to antibiotics in the treatment of infectious mastitits.** ([/article/probiotic-strains-breast-milk-are-superior-antibiotics-treatment-infectious-mastitits](#))
 19. Human breast milk contains Lactobacillus strains which are **effective in the treatment of mastitis during lactation.** ([/article/human-breast-milk-contains-lactobacillus-strains-which-are-effective-treatment-mastitis](#))
 20. Probiotics prophylaxis was **as effective as antibiotic prophylaxis** ([/article/probiotics-prophylaxis-was-effective-antibiotic-prophylaxis-children-persistent-primary](#)) in children with persistent primary vesicoureteral reflux.

21. Supplemental *Lactobacillus plantarum* is effective in **reducing pancreatic sepsis** ([/article/supplemental-lactobacillus-plantarum-effective-reducing-pancreatic-sepsis-patients-acute-0](#)) in patients with acute pancreatitis.
22. Probiotics appear to have a role in **preventing recurrent urinary tract infections** ([/article/probiotics-appear-have-role-preventing-recurrent-urinary-tract-infections-women](#)) in women.
23. The consumption of fermented milk with *Lactobacillus casei* in lactating mothers has a **positive effect on the mother and offspring's immunological status**. ([/article/consumption-fermented-milk-lactobacillus-casei-lactating-mothers-has-positive](#))
24. Probiotics **prevent IgE-associated allergy** ([/article/probiotics-prevent-ige-associated-allergy-until-age-5-years-cesarean-delivered-children](#)) until age 5 years in cesarean-delivered children.
25. Probiotics may **reduce postoperative infections after abdominal surgery**. ([/article/probiotics-may-reduce-postoperative-infections-after-abdominal-surgery](#))
26. Probiotics have a **favorable effect on immune status in multiple sclerosis** ([/article/probiotics-have-favorable-effect-immune-status-multiple-sclerosis-patients](#)) patients.
27. *Lactobacillus rhamnosus* GG and *Bifidobacterium lactis* are safe and effective in **reducing early otitis media and antibiotic use** ([/article/lactobacillus-rhamnosus-gg-and-bifidobacterium-lactis-are-safe-and-effective-reducing-early](#)) and the risk of **respiratory infections** during the first year of life.
28. *Saccharomyces Boulardii* **diminishes bacterial infections** ([/article/saccharomyces-boulardii-diminishes-bacterial-infections-and-offers-healthbenefits-therapy](#)) and offers health benefits in the therapy of acute necrotizing pancreatitis.
29. Postnatal probiotic and prebiotic treatment is safe and **increases resistance to respiratory infections** ([/article/postnatal-probiotic-and-prebiotic-treatment-safe-and-increases-resistance-respiratory](#)) during the first 2 years of life.
30. *Lactobacillus reuteri* may have therapeutic potential in the treatment of **allergic airway disease**. ([/article/lactobacillus-reuteri-may-have-therapeutic-potential-treatment-allergic-airway-disease](#))
31. Consumption of a fermented dairy product containing the probiotic *Lactobacillus casei* **reduces the duration of respiratory infections** ([/article/consumption-fermented-dairy-product-containing-probiotic-lactobacillus-casei-reduces](#)) in the elderly.
32. Specific strains of lactobacilli isolated from kimchi can **effectively suppress airway hyper-responsiveness**. ([/article/specific-strains-lactobacilli-isolated-kimchi-can-effectively-suppress-airway-hyper](#))
33. Probiotics manifest **anti-influenza and ant-herpes activity**. ([/article/probiotics-manifest-anti-influenza-and-ant-herpes-activity](#))
34. Probiotics may contribute to a **reversal of colitis** ([/article/probiotics-may-contribute-reversal-colitis-through-modulating-intestinal-barrier-properties](#)) through modulating the intestinal barrier properties.
35. **Cow milk allergy** ([/article/cow-milk-allergy-symptoms-are-reduced-mice-fed-dietary-synbiotics-during-oral-sensitization](#)) symptoms are **reduced** in mice fed dietary synbiotics during oral sensitization with whey.
36. Gluten induces **coeliac-like disease** ([/article/gluten-induces-coeliac-disease-sensitised-mice-prevented-probiotics](#)) in sensitized mice that is **prevented** by probiotics.



(/gmi-blogs/Pat Robinson)

Pat Robinson was in the medical industry for decades. She has invested over 10,000 hours learning about natural alternatives, reading hundreds and hundreds of medical research studies, and assisting thousands of people about holistic health issues.

Pat is passionate about sharing the amazing power of the body to heal itself.

Pat's Farmacy (<http://patsfarmacy.wordpress.com/>) focuses on wellness promotion through whole food nutrition, so that you can **Heal Thyself!** (<http://heal-thyself.ning.com/>)

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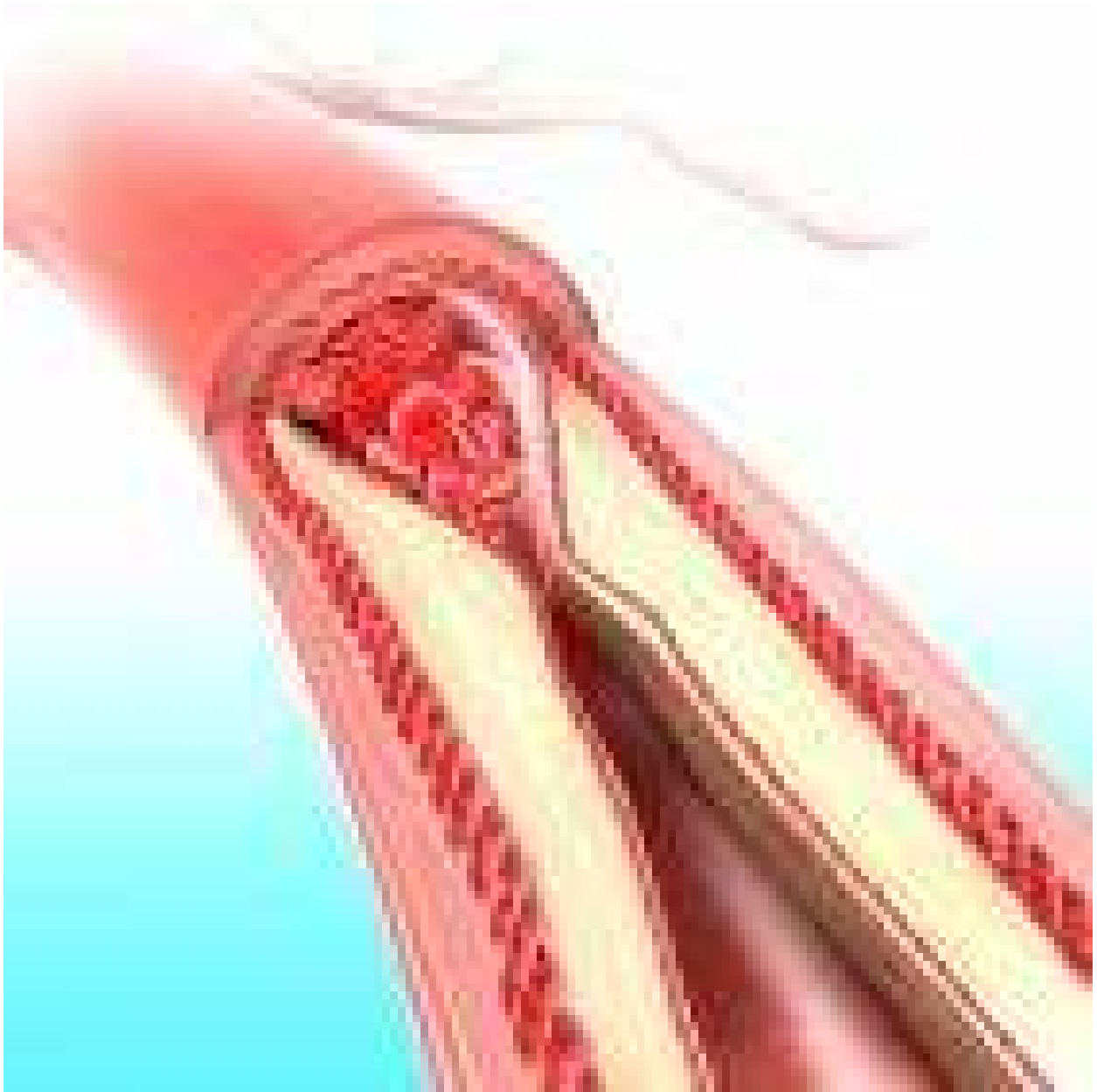
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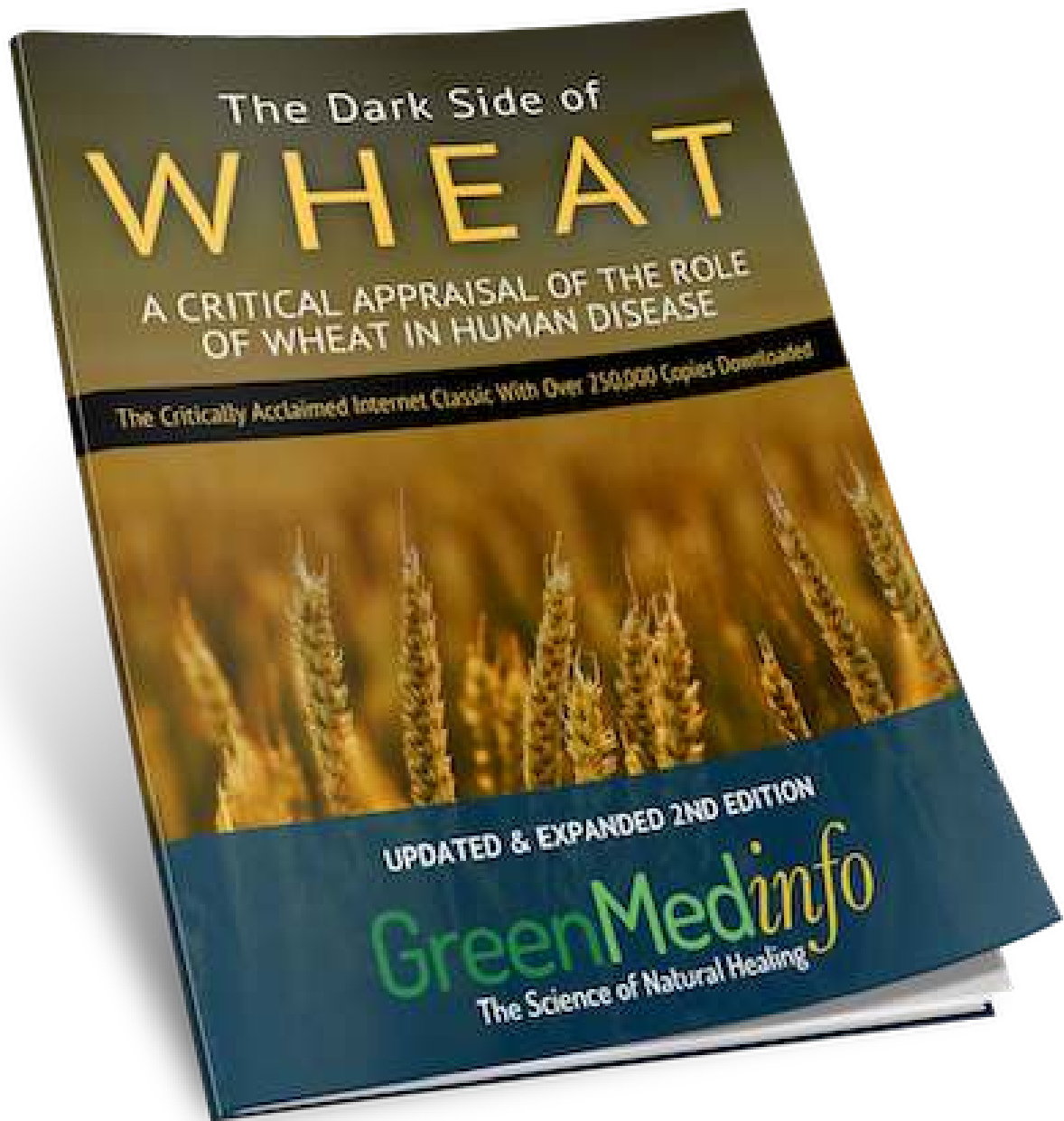
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