

PROBIOTIC EFFECT ON FUNCTIONAL CONSTIPATION

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Constipation is not something we think much about until it has some impact on our life. However, it affects us and our well-being in so many ways we do need to know a little more about it. In the early days we hunted for our food and that gave motility to our colon as well as furnishing us with natural food. Today with processed food and for the most part with little or no exercise our digestive system has gone into an unhealthy slow down mode. Modern medicine hasn't done much to correct the problem other than offering stimulants to help make things work.



Functional constipation is a prevalent, burdensome gastrointestinal disorder whose treatment remains challenging. Probiotics have been increasingly investigated in its management. An investigation was done to check the effects of probiotics on gut transit time, stool output, and constipation symptoms with randomized control trials. One formulation contained Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnoses and another contained Lactobacillus acidophilus, Bifidobacterium bifidum, Lactobacillus rhamnosus, Lactobacillus paracasei, Bifidobacterium longum, Bifidobacterium lactis, Lactobacillus casei, Bifidobacterium animallis.

Both probiotic cocktails were effective in improving the symptoms of functional constipation by increasing both the weekly frequency of evacuation and stool quality and were deemed safe. This was significant for Bifidobacterium lactis.

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Mark Buse is Nationally Board-Certified Colon Hydro-Therapist (NBCHT) and a leading colon hydrotherapy practitioner, instructor, and researcher of colon health. Mark studies the impacts of the gut microbiome on gut motility, digestion, constipation, and general wellness. Mark has a Bachelor of Science in Chemistry, is a Fellow with the American Institute of Chemists, has obtained several patients involving replacement of toxic materials, and is a science writer in areas of gut microbiota and probiotics. Mark is the International Association for Colon Hydrotherapy President-elect, Co-Chair and Founder of IACT's Leadership and Mentorship Program and the Chair and Founder of IACT's Research Committee and is a member of the American Gastroenterology Association (AGA). Marks is the colon hydro-therapist and owner of Turtle Creek Wellness Center in Tyler, Texas.

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