

Don't forget to pack **Kefir!**

As the holiday season approaches, you are likely making the final preparations for your travel arrangements with family or friends. But before you dash out the door to enjoy your vacation, you may want to consider packing medicine and your favorite flavor of Kefir to prepare for the possibility that you or your loved ones may get sick. Statistically speaking, the chances are quite high - the rate of traveler's diarrhea or gastrointestinal-related illness ranges from 5% to 50% - depending on the destination.

Numerous studies have shown that the probiotics found in **Lifeway** products can effectively ward off gastrointestinal infections that are all too common when traveling.

A number of in-depth clinical studies have been conducted to establish the preventative role of probiotics in gastrointestinal health. A meta-analysis of 12 randomized, controlled trials found that probiotics are safe and effective for the prevention of traveler's diarrhea. When these 12 studies were pooled and weighted by their sample sizes, results showed that a whopping 85% of total traveler's diarrhea cases were prevented by probiotics!

While gastrointestinal sickness is a bummer for all, it is especially problematic for children due to severe dehydration, and can turn into a very serious problem. Dr. Lynne McFarland, research health science specialist at the Puget Sound Veteran Administration Healthcare System and the author of the study, said that the majority of randomized, placebo-controlled clinical trials have been to test various probiotics for the treatment of pediatric diarrhea.

"Pediatric diarrhea is difficult to treat because most of the time, it is due to viral etiology and antibiotics are not effective," McFarland said. "**Probiotics** have been shown to be effective in pediatric rotaviral diseases and are relatively inexpensive."

McFarland also noted that in severe cases of pediatric diarrhea, which are rampant in developing countries with limited medical care dollars, probiotics work well as an adjunct to oral rehydration therapy. The improvements in gastrointestinal health by many of the probiotic strains you find in Lifeway products, such as *Lactobacillus* and *Bifidobacterium*, have been well established in research studies. Probiotics work by mediating changes in the intestinal microflora and producing a variety of substances that are inhibitory to many different types of bacteria. The probiotic strains can act by reducing the number of these bacterial cells or by affecting the metabolism of the bacteria or toxin production.

Regardless of whether you are traveling to domestic or international destinations, probiotics may help prevent sickness so you can fully enjoy your holiday. You deserve it! So as you pack your bags in preparation for your travels this holiday season, don't forget to pack **Kefir!**



LIFEWAY is listed on
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