

LOVING THAT LACTOBACILLUS

Holly Lucille, ND, RN

MEET *LACTOBACILLUS ACIDOPHILUS*

I'm *Lactobacillus acidophilus* and I know you have a secret. After all, I was with you when you had to run for the restroom in the middle of that meeting last week. But, if anyone is going to be able to help you, it's me.

You probably never noticed, but I've been hanging around pretty much your whole life, keeping an eye on all of those intimate happenings in your digestive tract. When all my sisters and me get together, some pretty amazing things can happen. When we show up to the party, **we make sure those pesky microbes that can cause changes in your digestion don't spoil the fun.** But that's not all. We make it so that you can eat all lactose-filled lusciousness without getting a single tummy rumble.

Occasionally, we all get in a little trouble and need help. Stress, poor diet, age, and changes in lifestyle can adversely affect microflora. When that happens to you, I'll be there for you. Once you're better, we'll get to supporting that immune system of yours so you can stand up to the next bacterial bully that shows up.* And I'm not just talking about those belly bullies on the corner. No sir! I'm also talking about seasonal ups and downs that can lay you out! Don't believe me? I just report the news. A study was published in a journal called *Pediatrics International* that showed that pairing me up with a friend of mine named *Bifidobacterium bifidum* for three months can support immune health in children and keep those kiddos in school.*

So let's make sure you know how to reach for me before the trouble starts. You can always grab some yogurt that contains live cultures. But if you want a clear line all the time, talk to your practitioner about a supplement that says *L. acidophilus* on the label. Pop one every day to stay regular and in the pink from head to toe. Cause honey, healthy . . . it's where it's at!

[Read about](#) the most important attributes of probiotics.



LACTOBACILLUS ACIDOPHILUS

- Supports digestive function and provides immune support*
- Helps maintain a healthy balance with everyday factors such as poor diet, stress, and travel
- Supports healthy gastrointestinal function*

Holly Lucille, ND RN

Dr. Holly Lucille is a licensed naturopathic doctor, educator, natural products consultant, and television and radio host. She believes in the science, art, and mystery of healing and has a heartfelt passion for the individual wellness of all people. Built on this foundational belief, she uses the magnificence of multiple media platforms to truly make a difference and empower people to heal. Dr. Lucille's private practice in Los Angeles, Healing from Within Healthcare, focuses on comprehensive naturopathic medicine and individualized care.