

INTRODUCING *BIFIDOBACTERIUM*

Holly Lucille, ND, RN

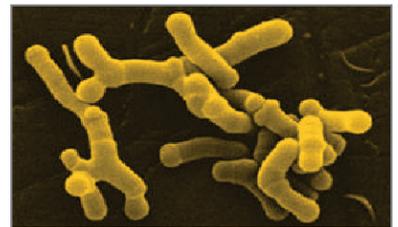
MEET YOUR BETTER BACTERIA

Hi! My name is *Bifidobacterium longum*. Sure, some of you may know me as a bug, but I'm not like the creepy crawlies that live in your backyard. Oh no, I have a more intimate address. In fact, I live in your gut! If you haven't guessed by now, I'm a probiotic—and if numbers count for anything, I'm a boss. In fact, scientists often say that I'm **one of the most significant and important types of good bacteria in the human body**. I'm so critical that I'm one of the first probiotics that sets up housekeeping in the gastrointestinal tract (and for you gals, the vagina) right after you're born.

Say what? You want to know what I actually do? That's easy! I'm the bug that helps you digest that cheeseburger you ate for lunch.* Like a ninja, I'm also a warrior against the growth of competing bacteria by transforming sugars into lactic acid.* This transformation makes your intestines an inhospitable acidic environment that most respectable bacteria wouldn't be caught dead in. And, if that wasn't enough, I also support your immune response.* I work along with a little help from some other *Bifidobacterium* buddies like *B. lactis* and *B. infantis* to set up intestinal defenses.* So I'm not just a ninja—I help you to be one too.

So how can you get more of me? Well, you could load up on fermented foods like kefir, kimchi, or sauerkraut. But most folks don't eat these foods on a regular basis. A better idea? Take a probiotic blend that includes your favorite probiotic pal, me. Talk to your practitioner about *Bifidobacterium longum* or *B. longum* if you really want to get friendly. And take me every day...because seriously, can you ever get enough ninja in your life?

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



BIFIDOBACTERIUM LONGUM

- Lives in your gut
- One of the most significant types of good bacteria in the body
- Supports digestive function and provides immune support*

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.