



# Probiotic News

**The following article is written by Dr Natasha Campbell-McBride who has a Degree in Medicine and Postgraduate Degrees in Neurology and Human Nutrition.**

**In her clinic Natasha specialises in Nutrition for Children and Adults with Behavioural and Learning Disabilities, and Adults with Digestive and Immune System Disorders. Natasha is a founder of Cambridge Bioceuticals Ltd and a key member of the team that invented and developed the Advanced Probiotics Bio-Kult and Duo-Kult. Natasha is the author of the book, Gut & Psychology Syndrome**

## Irritable Bowel Syndrome & Probiotics

If you have been diagnosed as suffering from Irritable Bowel Syndrome (IBS), then you are certainly not alone! About 9 million people in the UK suffer from IBS; it is the second most common cause of absenteeism – second only to the common cold. IBS has a very strong impact on patients' quality of life and is associated with a number of serious health conditions e.g. fibromyalgia, ME, and auto-immunity.

To complicate matters even further, the medical profession is not sure what causes this common condition or how to treat it. The treatment offered is purely symptomatic:- drugs which relax the bowel muscles, painkillers, antidepressants etc.

Until recently, the most common theory was that IBS was psychosomatic. Patients were often told that their misery was probably caused by stress and were advised to go on holiday, relax or try hypnosis.

However, rapidly accumulating research is leading us in a different direction. Many medical professionals now believe, that the answer may be found in one of the most vital parts of our digestive system – the gut flora. A healthy digestive tract is largely populated by the beneficial or probiotic species of microbes, which fulfil a number of vital functions in the body. These probiotic bacteria are the housekeepers of the gut, making sure that it does its many jobs well without ever attracting your attention to it. Unfortunately, various modern factors can damage our friendly bacteria in the gut, starting a chain of health problems. Antibiotics, chemotherapy, steroids, radiotherapy, infections, pollution and many other factors can lead to a condition, called gut dysbiosis, where the 'good' probiotic bacteria get replaced by pathogenic microbes.

The first place to suffer is, of course, the gut itself. In IBS the gut wall is populated by an abnormal mixture of microbes, which bring all the typical IBS symptoms of diarrhoea, constipation, urgency, bloating, flatulence, etc. The digestion and absorption of food suffer, so the person develops multiple nutritional deficiencies.

The gut wall, damaged by pathogenic microbes, becomes porous and 'leaky', allowing partially digested foods and toxins to pass through. This can lead to food allergies / intolerances, fatigue, aching joints / muscles, headaches, mood swings and many other unpleasant symptoms.

The gut wall in an IBS patient is sore and sensitive, that is why following the right diet is very important. In my clinical experience the Specific Carbohydrate Diet (SCD) is the most appropriate diet for an IBS sufferer. However, in order to help an IBS patient it is vital to introduce probiotic bacteria into their digestive system; both the right kind of bacterial species and in large enough numbers to drive the pathogens out and to heal the gut.

Bio-Kult has been designed as a therapeutic probiotic to accomplish just that. Any therapeutic strength probiotic produces a so-called 'die-off reaction' - as the pathogens in the gut die they release toxins, which may bring an initial worsening of the symptoms. To control this reaction it is important to introduce Bio-Kult slowly, starting from a small dose. The dose can then gradually be increased to a therapeutic level of 8-10 capsules of Bio-Kult a day for an adult. Once on this dose, the patient needs to take it for 6 months or so, depending on the individual symptoms. When the symptoms have gone, the dose can be gradually reduced to a maintenance level, which is individual – generally 4 - 6 capsules a day.

Treating IBS patients can be very rewarding - following the right nutritional protocol with the right probiotic, these patients can improve quite quickly and dramatically.

As one of my patients put it: *"I never ever want to be without Bio-Kult! Now I can have my meals without running to the toilet between mouthfuls of food! I can now live my life without thinking, is there a toilet in the vicinity!"*

#### **Selected references:**

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**Cambridge Bioceuticals Ltd are the manufacturers of Bio-Kult; the leading practitioner probiotic in the UK for Intervention, with over six years clinical use.**



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