Ward off Dangerous Bacteria with This: Report on Study by DoctorsHealthPress.com

The Doctors Health Press, a publisher of various natural health newsletters, books, and reports, including the popular online Doctors Health Press e-Bulletin, is reporting on a study in recent health news that addresses what medical experts have once again been asking themselves: What is the best way to control harmful bacteria? Although the vast majority of bacteria are harmless or beneficial, a few bacteria fall into the category of pathogenic. Pathogenic bacteria can cause tuberculosis, pneumonia, salmonella, tetanus, typhoid fever, and syphilis, to name just a few diseases.

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As reported in Doctors Health Press e-Bulletin (http://www.doctorshealthpress.com/general-health-2/ward-off-dangerous-bacteria-with-this), the chances of these types of pathogenic bacteria ever causing you harm are very slim. For most, fighting off bacterial infections caused by a bout of food poisoning or a urinary tract infection is likely all we will have to deal with throughout our lifetime.

For those who are worried about infectious bacteria, however, here’s some good news from researchers at the Oregon Health & Science University. Probiotics—those friendly bacteria found in the yogurt in your fridge—may be strong enough to prevent harmful bacteria from causing disease.

The Doctors Health Press e-Bulletin article reports the U.S. research team investigated probiotics as treatment for and prevention of several acute and chronic infectious diseases, including necrotizing enterocolitis, ventilator-associated pneumonia, and nonalcoholic fatty liver disease, as well as infections caused by bacteria, such as Helicobacter pylori, Clostridium difficile, and vancomycin-resistant enterococci.

The researchers reviewed available clinical trials and found multiple animal and human studies that showed anti-inflammatory and selective antimicrobial effects of specific probiotics. Some studies also suggested a role for probiotics as a supplementary treatment in combination with antibiotics.

Researchers concluded it’s possible that the probiotics themselves can kill infectious bugs or help the body through an infection. Probiotics may be able to help prevent reinfection and may even help the body produce antibodies against infectious bugs.


Doctors Health Press e-Bulletin is a daily e-letter providing natural health news with a focus on natural healing through foods, herbs and other breakthrough health alternative treatments. For more information on Doctors

The Doctors Health Press believes in the healing properties of various superfoods, like pistachios, as well as the benefits of taking vitamins and supplements, Chinese herbal remedies and homeopathy. To see a video outlining the Doctors Health Press' views on homeopathic healing, visit http://www.doctorshealthpress.com/homeopathy
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