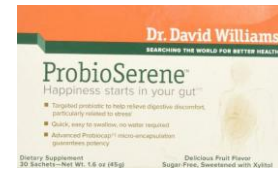
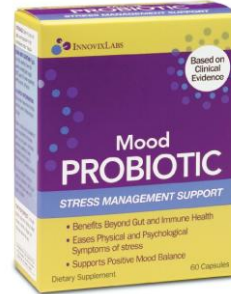


Probiotics for Anxiety

Probiotics are “healthy bacteria” found in yogurts and other foods. They have long been known to help the digestive track work better and to relieve symptoms of irritable bowel syndrome. Newer studies have found benefits in anxiety. This study used a combination of *Lactobacillus helveticus* and *Bifidobacterium longum* strains.

Best sources: The type used for anxiety are available in the “Mood Probiotic” and “ProbioSerene” brands (on Amazon). For stomach problems gastrointestinal doctors recommend the *Align* brand. Many yogurts and other foods advertise that they contain probiotics; these are likely helpful but not as much as the tablet.



Probiotics for Fatty Liver

If your liver is showing signs of problems, it is best to avoid tylenol (acetaminophen), alcohol and reduce fat and simple sugars in your diet. Weight loss can help the liver function better. Probiotics may be helpful for fatty liver. For gastrointestinal health, doctors recommend the *Align* brand. The strain used in a study for fatty liver was called VSL#3 (a mixture of eight probiotic strains); this may be hard to find but any probiotic may be helpful.

—Chris Aiken, MD, updated 2/29/2016