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New Study shows supplementing with Probiotics may ease anxiety

April 27, 2009, Torrance, CA - According to new research reported in the journal *Gut Pathogens*, supplements of *Lactobacillus casei* strain Shirota may ease symptoms of anxiety in people with chronic fatigue syndrome (CFS).

Thirty-nine patients with CFS received daily supplements of either *Lactobacillus casei* strain Shirota or placebo for two months. Compared to the placebo group, those receiving the bacterial strain reported significant increases in both *Lactobacillus* and *Bifidobacteria*. In the *Lactobacillus* group there was also a significant reduction in the symptoms of anxiety.

The body contains billions of both bad and good bacteria and other microorganisms. Probiotics are dietary supplements or foods that contain the good bacteria similar to those found naturally in the body.

This health-enhancing good bacteria aids digestion, supports the immune system, and plays a role in the creation of B-vitamins and certain enzymes. A low or insufficient population of good bacteria leads to an inability to absorb nutrients, causing bloating, candida, gas, diarrhea and/or constipation, allergies, and skin conditions. Unchecked, it can cause serious health problems.

Foods that contain high amounts of good bacteria include yogurt, kefir, and sauerkraut. There are also foods that do not contain bacteria, but help good bacteria grow. These are known as

prebiotics and can be obtained by eating certain foods, including garlic, onions, leeks, artichokes and the superfood chlorella.

Chlorella, a single-cell, fresh water green alga, contains a phytonutrient (plant-derived nutrient) known as Chlorella Growth Factor (CGF). According to Dr. Michael E. Rosenbaum, "it [CGF] enhances the growth and multiplication of probiotics by a factor of four."

Sun Chlorella helps to detoxify and rejuvenate the body. It contains more protein and chlorophyll than any other plant; is high in vitamins, minerals, dietary fiber, and nucleic acids; and, includes all the essential amino acids.

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For more information about Sun Chlorella USA, visit their website at www.sunchlorellausa.com. Sun Chlorella USA (www.sunchlorellausa.com) is a distributor of Sun Chlorella "A", Pet Sun Chlorella, Sun Eleuthero, Wakasa Gold, Wakasa Honey, Sun Eleuthero Extract, Sunergize, Sun Chlorella Cream and Sun Eleuthero Tea.

References

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Marie Moneysmith, "Lactobacillus acidophilus? - beneficial bacteria and probiotic supplements in treatment of digestive conditions", Better Nutrition Magazine, Jun, 2001