

Benefits of Probiotic Consumption to Treat Indigestion: An Image Article

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IMAGE



Figure. The image represents the effect of consuming probiotics on gut health. In the image left portion depicts a healthy gut whereas the portion on the right shows the unhealthy gut with various depositions caused due to indigestion and compromised gut micro-flora. Numerous studies have proved that probiotic have a therapeutic effect in the patients suffering from indigestion, they act by normalising their gastric micro-biota, analysed by comparing the gastric fluids to the normal. Probiotics have become more popular; researchers continue to study these "good" bacteria [1]. Outcomes indicate that they are significant in treating digestive problems as well as other health problems. These natural microbes can be acquired from foods like yogurt as well as other commercially available supplements that come in the form of pills, capsules, powders, and liquids. Each of these carry different strains of bacteria, and each are thought to have different effects on your health [2]

REFERENCES

1. Cheng, J., and Ouwehand, A.C., Gastroesophageal reflux disease and probiotics: a systematic review. *Nutrients*, **2020**. 12: p.132.
2. <https://www.nutraingredients-asia.com/Article/2017/11/01/Probiotics-benefit-indigestion-sufferers-through-gut-microbiota-normalisation>.