

Health Bulletin



Take Digestive Upsets Out Of The Spotlight

(NAPSA)—From Hollywood's red carpets to homes across the nation, millions of people suffer from that most unglamorous condition: digestive upsets. These problems can be uncomfortable and embarrassing for everyone, but even more so for celebrities who constantly find themselves in the limelight.

To avoid dealing with the ups and downs of an unruly digestive system, more stars are turning to their nutritionists for advice. Best-ranked Hollywood nutritionist, Ashley Koff, R.D., says that her clients schedule "tune-ups" before big trips or special events. To help them avoid the discomfort of digestive upsets, she often suggests adding probiotics as a healthy and simple choice to help strengthen their systems and maintain a natural defense against digestive woes.

The link between diet and digestion is not new, but lately, increasing evidence suggests that probiotics, the "good" bacteria that live in our guts, can help to naturally restore bacterial balance in the gastrointestinal tract.

Probiotics are now hitting the mainstream. They were first discovered in fermented foods, and today are being packaged in chocolates, power bars and even supplement capsules. Koff, who specializes in digestive problems, advises her clients to do their research before taking a probiotic. There are hundreds of different bacterial strains, but only a few have been shown to help digestion and even fewer have been clinically proven to be beneficial.

"It's important to choose a strain that's been well researched," said Koff. "I recommend tested brands like Procter & Gamble's probiotic supplement,



Celebrity or not, digestive issues make it hard to look good and feel glamorous. Fortunately, probiotics can help.

Align®. In clinical research and among my clients, its bacterial strain, Bifantis® (*Bifidobacterium infantis* 35624), has proven effective at improving digestive health." Koff encourages her clients to consider probiotic supplements because other sources, such as dairy foods, can be difficult for those who are lactose intolerant.

While awkward moments can happen to anyone, this is one lifestyle change that can help build balance on the inside and the confidence to step outside.

For more information about Align, visit www.AlignGI.com or speak with your pharmacist.

• Ashley Koff is a registered dietitian specializing in digestive function and integrative medicine. She is the author of the "Recipes for IBS" cookbook, and has shared her expertise on popular shows such as CNN, "Entertainment Tonight" and "The Tyra Banks Show." Koff practices in Beverly Hills and Santa Monica, California.