

[IMAGE]

## Staying Healthy by Eating Yogurt

Why eat yogurt? For starters, it's loaded with nutrients, including protein, calcium and riboflavin. Still not convinced? Consider the findings of a study that appeared in the *European Journal of Clinical Nutrition* earlier this year.

Twenty-five healthy volunteers (aged 60-83) were randomly assigned to one of two groups. Twelve subjects drank six ounces of low-fat, low-lactose milk twice a day for six weeks, while 13 subjects drank the same milk supplemented with a strain of lactic acid bacteria derived from yogurt (*bifidobacterium lactis*).

**Results:** Subjects who consumed milk supplemented with B lactis showed significantly improved levels of a biomarker for improved immunity compared with subjects who drank unsupplemented milk. The authors are encouraged that these improvements in immune function were noted after adopting a relatively short-term diet (six weeks), concluding that "Dietary B lactis appears to improve immune function in elderly subjects when delivered in a milk-based diet."

Your chiropractor can evaluate your current diet and outline a specific nutritional plan suitable to your needs.

### *Reference:*

Arunachalam K, Gill HS, Chandra RK. Enhancement of natural immune function by dietary consumption of *Bifidobacterium lactis* (HN019). *European Journal of Clinical Nutrition* 2000: Vol. 54, pp263-67.

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