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## Yogurt and its health benefits

**Yogurt acts as an antidote while you are using antibiotics.** You must keep in mind that whenever you are using antibiotics, yogurt becomes one of the most important foods in your diet (Although antibiotics destroy disease-causing bacteria while you are sick, they also cause benign bacteria to die. To avoid the side effects of antibiotics do not forget to eat yogurt.

**Yogurt triggers vitamin B production.** Our body can produce small amounts of vitamins on its own. Only vitamins B and K are produced through a biological reaction in our bowels. People who regularly eat yogurt help their body produce vitamin B. Vitamin B regulates the energy balance of the body while protecting you from neural and autoimmune diseases.

**Yogurt can also balance your blood sugar.** Studies show that the blood sugar levels of people who consume unfermented and non-skimmed yogurt are more evened out.

**Yogurt is the perfect immune system booster.** The lactic acid bacteria in yogurt have important effects in preventing cancer, infections, gastrointestinal diseases and asthma. Regular consumption of daily and fresh yogurt increases the positive effects of yogurt.

**Yogurt eases the digestive system:** Lactobacillus bulgaricus is a bacterium which accelerates bowel movement and cannot be found in any food other than yogurt. The lactic acid in the yogurt kills the pathogenic bacteria in the bowel, preventing diarrhea and helps to create a healthy inner bowel environment.

## Facts about Yogurt

1. Since yogurt is a rich source of conjugated linoleic acid, it is a protective food against colon and breast cancer
2. By consuming Yogurt, you can avoid helicobacter pylori infection, which is recently the main reason for 60 percent of peptic ulcers.
3. Allergic reactions are triggered by IgE (immunoglobulin E) and it reveals itself on the skin. Yogurt prevents atopic diseases such as dermatitis, asthma and food allergies. As it balances the intestinal flora, yogurt minimalizes the allergic reactions.
4. Yogurt is also important for women's health. The lactobacillus in yogurt prevents the production of candida (a type of fungus) and vaginitis in the vagina. Studies reveal that women who regularly consume yogurt have better vaginal health.
5. Greek yogurt is preferred. Greek yogurt has live active cultures. They have not been killed or had sugars added to the plain Greek yogurt. If the Greek yogurt you've selected has the live and active culture seal from the National Yogurt Association, the yogurt you're purchasing should still contain enough probiotics to benefit your health. You can also purchase and type of yogurt and add probiotics if you're in doubt – or make your own yogurt at home.

## Greek Yogurt Nutrition Information

Most commercial yogurt products you'll find sold in supermarkets are very sweet. If you're looking to reap the health benefits of yogurt, stay away from products with added sugars and opt for more natural products, like Greek yogurt.

Greek yogurt has a variety of nutrients and is generally considered one of the healthiest types of yogurt you can buy. Although you might be tempted to opt for a different type of yogurt with less fat or carbohydrates, Greek yogurt (even low-fat variety) is better at reducing blood pressure.

In yogurt, common types of bacteria include:

- Bifidobacterium Bifidum
- Lactobacillus acidophilus
- Lactobacillus Casei
- Lactobacillus Bulgaricus
- Lactobacillus Delbrueckii
- Lactobacillus johnsonii
- Lactobacillus rhamnosus
- Streptococcus thermophilus

These bacteria typically produce lactic acid, encourage the growth of healthy bacteria in your gut and improve the overall health of the digestive system. While all these bacteria are healthy, they don't all play the same role in your digestive system.

Yogurts can typically be characterized into two main types: Standard cultured yogurts and probiotic yogurts. Standard culture yogurts can have bacteria like Lactobacillus bulgaricus and Streptococcus thermophilus. These bacteria help support the healthy bacteria inhabiting your gastrointestinal system, but do not usually take up residence there themselves.

Kefir is also another beneficial source of probiotics. Most have 10-12 cultures and are a boost to your overall health.

It is important to only take in yogurt / Kefir that are natural without added sugars and with as many cultures as are available

