

Probiotics May Cause Detox Symptoms

Probiotics are living bacteria and yeasts. The health advantages of probiotic supplements and foods have been well documented, for instance, they help losing weight, maintaining good heart health, improving digestion, enhancing immune function and more. Overall probiotics are a beneficial addition to most people's diet.

However, probiotics may cause symptoms similar to those experienced in a Detox diet.<fn><https://www.medicalnewstoday.com/articles/323821.php></fn>

Gas and Bloating

The human gastrointestinal tract is colonized by complex bacterial strains. While most people do not experience side effects, the most frequently reported response to bacteria-based probiotic supplements is a temporary increase in gas and bloating.

The initial feelings were bloating, gas, slight constipation, and mild indigestion. This probably can occur when you take an onset of a large dosage of probiotics. During the first few days, your gut is transitioning by ridding your colon of all the bad bacteria and slowly replacing with new good bacteria. Needless to say, your gut may not be used to it.

Lactose intolerant individuals may develop diarrhea, abdominal discomfort and flatulence after consumption of probiotics. If the gas bloating or any other side effects continue for more than a few weeks stop taking the probiotic and consult your doctor or diet professional.

Skin

In few and far between cases, probiotics may cause skin rashes or itchiness.

Allergies

The immunomodulatory effect of immunological bacteria which includes probiotic bacteria is based on 3 supposedly contradictory phenomena:

- induction and maintenance of the state of immunological tolerance to environmental antigens
- nutritional and inhalatory induction and control of immunological reactions against pathogens of bacterial and viral origin
- inhibition of auto-aggressive and allergic reactions

Infections

While there are numerous health advantages linked to taking probiotics there can also be some adverse effects especially in people with serious diseases or compromised immune systems who may experience severe complications such as chronic and recurrent infections and inflammations of the intestine.

It is estimated that only about 1/1000000 people who take probiotics containing Lactobacilli bacteria will develop an infection.

Small intestine bacterial overgrowth (SIBO)

Considering the fact that a probiotic is essentially active in the small and large intestine, the effect of a prebiotic is observed mainly in the large intestine, however, it is not

digested or only partially digested, not absorbed in the small intestine poorly fermented by bacteria in the oral cavity, well fermented by apparently beneficial intestinal bacteria, poorly fermented by potential pathogens.

SIBO (Small intestine bacterial overgrowth) occurs when bacteria from the large intestine start growing in the small intestine, causing similar symptoms to those caused by IBS, including gas, bloating, and diarrhea. SIBO may also be responsible for brain fogginess and short-term retention problems.

Antibiotic resistance

Probiotic bacteria scarcely ever could contain antibiotic-resistant genes. They can transfer these genes to other strains of bacteria, including the harmful strains that cause infections.