

# How Probiotics Are Transforming Food Health

Robert Opiyo \*

Department of Foods and Nutrition, University of Eastern Africa, Baraton, Kenya

## DESCRIPTION

In recent years, probiotics have emerged as a prominent topic in the world of food health, captivating the attention of scientists, healthcare professionals, and consumers alike. This discovers how probiotics are transforming food health, offering a range of benefits from gut health to immune function and beyond. Probiotics have long been a part of human diets, found in traditional fermented foods like yogurt, kefir, sauerkraut, and kimchi. However, it wasn't until the late 20<sup>th</sup> century that scientists began to understand the significant health benefits these microorganisms could provide. With increasing interest in gut health and the microbiome the complex community of microorganisms in the human digestive tract probiotics have taken centre stage in modern discussions about food and health.

### The benefits of probiotics

**Gut health and digestion:** One the well-documented benefit of probiotics is their positive impact on gut health. Probiotics can help maintain a balanced gut microbiome, promoting a healthy digestive system. They aid in breaking down food, synthesizing vitamins, and supporting regular bowel movements. Probiotics have been found to alleviate symptoms of digestive disorders such as Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD).

**Immune system support:** Probiotics play a key role in supporting the immune system by stimulating the production of antibodies and promoting the activity of immune cells. A balanced gut microbiome can help defend against pathogens and reduce the risk of infections. Some studies suggest that probiotics can reduce the severity and duration of common illnesses, such as colds and flu.

**Mental health and mood:** The gut-brain axis, the bidirectional communication pathway between the gut and the brain, has become a focal point for research. Probiotics may influence mood and mental health by affecting neurotransmitter production and reducing inflammation. Emerging studies indicate that probiotics could help reduce symptoms of anxiety and depression, suggesting a potential role in mental health management.

**Heart health and cholesterol:** Probiotics may contribute to heart health by reducing cholesterol levels. Certain strains of probiotics can help break down bile salts, leading to lower levels of bad LDL cholesterol in the bloodstream. This reduction in cholesterol can decrease the risk of cardiovascular disease and promote overall heart health.

### Considerations and challenges

**Strain specific effects:** The effects of probiotics are often strain-specific, meaning that different strains may have different impacts on health. Consumers should be aware of the specific strains used in products and choose those that align with their health goals.

**Quality and viability:** The efficacy of probiotics depends on the viability of the microorganisms at the time of consumption. Factors like storage conditions, packaging, and shelf life can affect the viability of probiotics. Consumers should choose products from reputable brands with clear labeling and quality assurance.

**Individual responses:** Individual responses to probiotics can vary based on factors such as age, health status, and gut microbiome composition. It's essential to approach probiotics with a personalized mindset, recognizing that what works for one person may not work for another.

## CONCLUSION

Probiotics are transforming food health by offering a range of benefits, from gut health and immune support to potential mental health improvements and heart health benefits. As the science behind probiotics continues to evolve, these microorganisms are likely to play an increasingly significant role in promoting health and wellness. Probiotics are known for their potential to support various aspects of health, with the following benefits being among the most widely recognized. Consumers interested in incorporating probiotics into their diets should focus on quality products and consider their individual health needs to make the most of the transformative potential of probiotics.

**Correspondence to:** Robert Opiyo, Department of Foods and Nutrition, University of Eastern Africa, Baraton, Kenya, E-mail: robertopiyo66@gmail.com

**Received:** 22-Jan-2024, Manuscript No. JFMSH-24-31200; **Editor assigned:** 24-Jan-2024, PreQC No. JFMSH-24-31200 (PQ); **Reviewed:** 07-Feb-2024, QC No. JFMSH-24-31200; **Revised:** 14-Feb-2024, Manuscript No. JFMSH-24-31200 (R); **Published:** 21-Feb-2024, DOI: 10.35248/2476-2059.24.9.274.

**Citation:** Opiyo R (2024) How Probiotics Are Transforming Food Health. J Food Microbial Saf Hyg. 9:274.

**Copyright:** © 2024 Opiyo R. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.