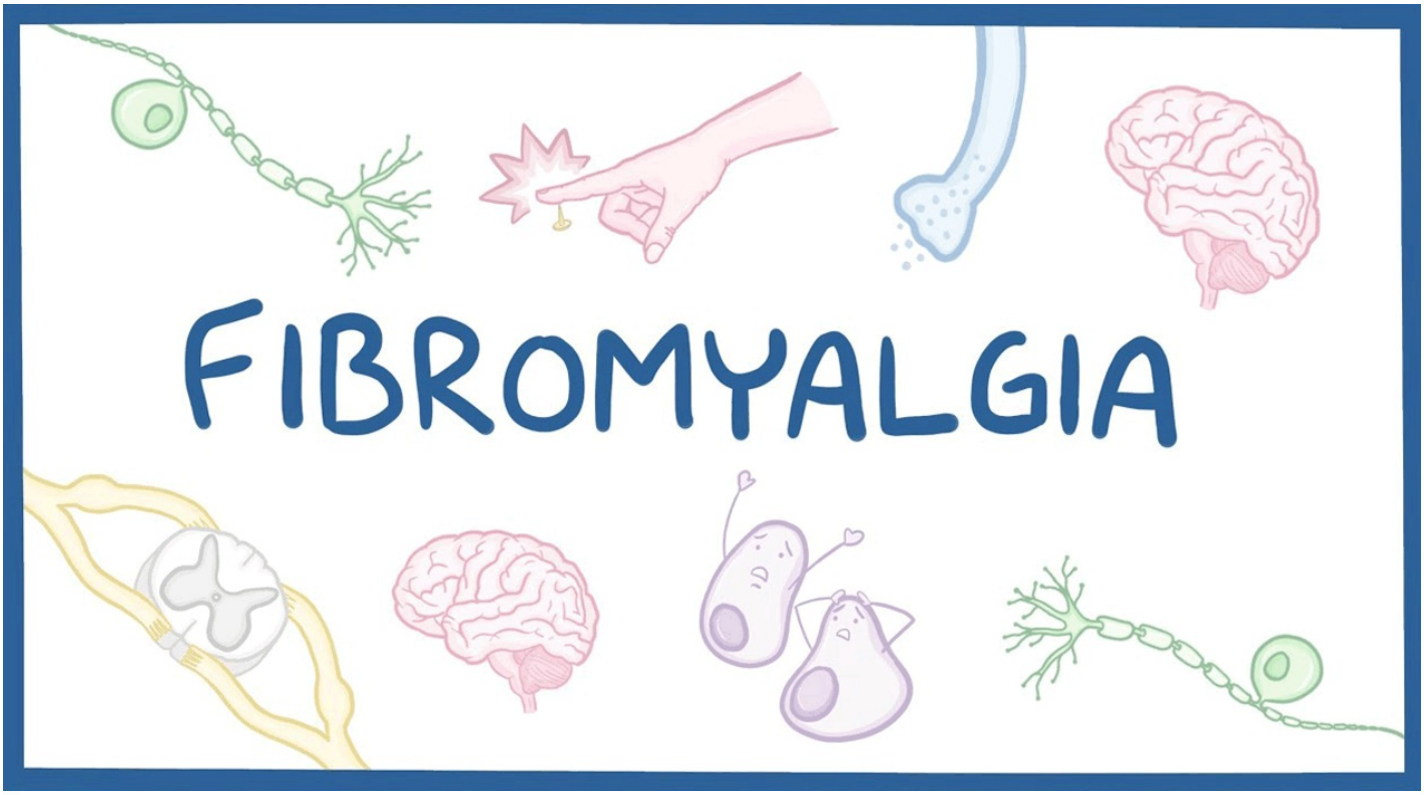
The benefits of probiotics for treatment of fibromyalgia



Probiotics are the good bacteria that line your digestive tract. Probiotic bacteria support your body's ability to absorb nutrients and fight infection. Several studies have connected fibromyalgia with bacterial overgrowth in the small intestine. When we have an overgrowth of bad bacteria, toxins start to build up, causing inflammation, pain, digestive problems, autoimmune disease, and even anxiety. Therefore, it is important to restore the proper balance of healthy bacteria in your digestive tract with a high-quality probiotic supplement. Along with fibromyalgia, many health issues, including IBS, colitis, diabetes, autoimmunity, asthma, chronic fatigue syndrome, heart disease, depression, anxiety, eczema, multiple sclerosis, rheumatoid arthritis, and lupus have all been shown to be associated with gut health. Probiotics .offèr many health benefits which have been proven by research

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