Why You Need A Good Probiotic When You Have 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.

Several studies connect fibromyalgia with problems in the gut, emphasizing a strong relationship between fibromyalgia and small intestinal bacterial overgrowth (SIBO).

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 are essential for optimal digestion of food and absorption of nutrients. They also help your body produce vitamins, absorb minerals, and eliminate toxins. Gut bacteria is very vulnerable to lifestyle and environmental factors, such as processed foods, chemicals and pesticides, antibiotics, and stress.

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