

PROBIOTICS TODAY'S RESEARCH

Goals:

- 1) Review current literature regarding the appropriate use of probiotics in the management of healthy and ill patient populations.
- 2) Identify the indications and contraindications associated with probiotics.
- 3) Review advancements in evidence based care regarding probiotics.

Outline

HOUR	Topic
1.0	Introduction, including general course discussion, FDA rules concerning nutritional supplementation.
2.0	Discovering the microbiome of the Gut, prebiotics, probiotics and the brain gut axis.
3.0	Practical applications of probiotics, clinical indications, and specific disease processes.
4.0	Contraindications, and possible side effects of probiotics.

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