

Summary

Acidophilus milk is cultured milk; sometimes called sweet acidophilus milk that has a therapeutic value. This cultured product is usually low in fat and has a longer shelf life than ordinary milk. The bacterium *Lactobacillus acidophilus* is added to it, giving it a tangy flavour and thickened texture and may be readily implanted in the intestinal tract if adequate amounts of the cultured milk are consumed over a period of time. Many experiments have been conducted to study its effect on persons suffering from constipation. In all of the cases studied, from 80 to 100 percent of the patients were relieved by consuming adequate amounts of acidophilus milk. Many people believe it can benefit digestion and prevent allergies due to the activity of the acidophilus bacteria in the intestines. The administration of acidophilus milk is just as valuable for the treatment of diarrhoea. Excellent results have been obtained in treating new born lambs and calves by feeding acidophilus milk. Acidophilus Milk can help restore the balance between good and harmful bacteria in the intestines. But *Lactobacillus acidophilus* hasn't always shown the same effect, according to the NYU Langone Medical Center. In a study published in the July 2009 issue of "Pediatrics," acidophilus or acidophilus combined with Bifidobacterium animalis taken over a six-month period by children ages 3 to 5 reduced respiratory illness symptoms. Fever was reduced by 53 percent, coughing by 41 percent and runny noses by 28 percent. *Lactobacillus acidophilus* is a microorganism that can be found in the digestive system and vagina. Taken as a probiotic, acidophilus serves as a dietary supplement that may benefit a variety of conditions. You can also consume it in commercially available foods to which it has been added, such as yogurt or acidophilus milk.