

Benefits of Bulgarian Yoghurt and supporting IBS symptoms.



I have recently been researching a beneficial bacterium , otherwise known as a probiotic, to help eliminate one of the common strains of microbes known as Klebsiella pneumonia which can cause severe IBS symptoms.

After trawling through all the primary research, I came across a bacteria I have not heard of called “Lactobacillus delbrueckii” otherwise known as lactobacillus bulgaricus. This lead me to the delicious Bulgarian Yoghurt, which is made using this strain of bacteria. If you can't source original Bulgarian Yoghurt, then you can buy starter kits and use a yoghurt machine if you are a novice at this.

Bulgaria has a long history of yoghurt making dating back over 4000 years. When we think of yoghurt now, we think of Turkish, Greek, or even Icelandic yoghurt. A link has been made by Russian biologist and Nobel Prize-winner Metchnikoff between consuming lots of Bulgarian yoghurt and longevity, Mountains in Bulgaria have been recorded as holding one of the highest concentrations of centenarians in Europe

In 2016 a study reported in the Journal of Clinical Gastroenterology tested various bacteria strains to inhibit Klebsiella Pneumonia , an infectious bacteria.

4 strains of bacteria were measured to see which one was the most effective at inhibiting this bacteria including

- **Lactobacillus paracasei**
- **Lactobacillus rhamnosus**
- **Bifidobacterium longum**
- **Lactobacillus delbrueckii (Bulgarian bacteria)**

Lactobacillus delbrueckii resulted in the most effective at inhibiting Klebsiella compared to all the other strains.

3 cups of Bulgarian yoghurt per day may help:

- **Regulate bowel movements**
- **Support immune function**
- **Bone health and heart health due to being high in calcium and potassium**
- **High in protein to lower blood sugar supporting prevention for Diabetes Type 2**

Bulgarian Yoghurt is quite sour and thick and to sweeten this you may want to flavour with fruits, cinnamon, or organic maple syrup. Perfect addition for a smoothie for an immune boost through the winter months.