

## Good Bacteria

Most of us think that the terms "bacteria" and "germs" are equal. No matter what we call them, bacteria in the body will always make us sick, right? Wrong! There are actually quite a few bacteria that help keep us healthy - and some of them are living inside of you right now. Escherichia Coli, or, E. Coli for short, are bacteria that normally live in the body's large intestine. The large intestine contains several different types, or "strains" of E. coli, each that serve different functions. For example, one strain of E. coli helps the body to make vitamin K, which is essential in helping blood to clot after an injury. Some bacteria even have been shown to help prevent allergies! Still others prevent bacteria that can make us sick from being able to grow inside of the intestine by taking up the space and nutrients that these harmful bacteria would need to grow and multiply. So, next time you think bacteria you don't have to automatically think they are bad. In fact, some doctors may even recommend you taking a few 'good bacteria' for your digestive health.

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