

Application of Probiotics in the Management of Food Allergies: A Review

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Abstract : Probiotics have health-giving effects on the human body, so by stimulating the immune system, they prevent many occurrences they are diseases and food allergies in humans. There are various bacteria in the human digestive system; some are useful, some are harmless, and other groups of bacteria are harmful to human health. These bacteria should be in balance in the body of people in a normal state. In certain conditions, such as a person's high stress, aging, continuous use of antibiotics, or improper diet, the intestinal microbial flora has changed, and these changes cause some diseases in people. Probiotics have health benefits for the human body and are often found in the digestive system of healthy people. Nevertheless, fermented foods such as fermented dairy products such as yogurt, cheese, buttermilk or fermented pickles contain some species of these bacteria that are useful. But the important point that should be noted is that due to modern and industrial life, high fat and high protein diets, and excessive use of antibiotics, the number of these bacteria in people's bodies has decreased, and it is necessary to consume probiotics either in the form of probiotic foods or in the form of supplements. Probiotics with mild stimulation of the immune system increase the immunity level of the body and prevent the occurrence of food allergies in people.

Keywords : human health, dairy products, food allergies, probiotic

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