



August 25, 2010 – Buena Park, CA

Salmonella

Unless you live under a rock, you've probably heard about the recall of eggs taking place because of a salmonella outbreak. This bacteria is killed when the eggs are cooked but because it's on the shell of the eggs, it's easy to contaminate one surface after another if you don't wash your hands or utensils properly. Check with your local grocery store to see if the eggs you purchased are part of the recall.

Here's the thing: you're constantly exposed to bacteria. To protect yourself, make sure you use a probiotic every day. When the colony of good bacteria in your gut are higher because you keep replenishing them every day, you may experience reduced symptoms if you're exposed to bad bacteria like salmonella and E coli. There is no such thing as absolute protection but it's a good insurance policy for your immune system. If you're exposed, you'll be better able to handle it.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **nr** *Straight Talk on Health*

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC