

The Bacterial Battle Between Good and Evil 活菌益处多

Our stomachs are a **battleground** of good and bad bacteria. The good guys help **digest** food, **cleanse** the stomach and **kill off** the bad bacteria. The bad guys cause stomach problems like ulcers and **irritable bowel syndrome**. To help our bodies win this battle, a new type of food is being developed. **Probiotics** are foods or drinks that contain live bacteria. It is expected that by consuming live, “friendly” bacteria, the bad ones will be **pushed aside** and their negative effects greatly **diminished**.

我们的胃是益菌与害菌的战场。益菌有助于消化食物、清理胃部并杀死害菌；害菌则引发胃溃疡及肠躁症之类的毛病。为协助人体打胜仗，一种新型食品正被研发。益生菌产品为含有活菌的食品及饮料，一般预期，摄取「有益的」活菌，可排挤害菌并大幅减低其负面作用。

New studies show that probiotics can reduce the duration of **acute diarrhea** in children. Probiotics may also help control **ulcerative colitis**. Other studies show that a probiotic diet may strengthen the **immune** system. People on a probiotic diet seem to take fewer sick days than those who aren't. Since many diseases result from or lead to a weakened immune system, this finding could **represent** a major discovery in the field of medicine.

新的研究显示，益生菌可减短孩童急性腹泻的时程，也可能有助于控制溃疡性结肠炎。其他研究则显示，益生菌饮食或可强化免疫系统；采用益生菌饮食的人，似乎比未食用者更少生病。由于许多疾病源自或导致免疫系统衰弱，这项研究结果可说是医学界的重大发现。

Probiotic products are among the best-selling **foodstuff** in supermarkets. Some are added to yogurt while others are sold in capsule or powdered form as **supplements**. Scientists and doctors haven't yet come up with a daily **recommended** dose of any specific bacteria. But the **evidence** seems to suggest that probiotics are an effective soldier in the bacterial battle between good and evil!

益生菌产品是超市最抢手的食品之一，有些被添加于优格中，其他则被制成胶囊或粉末状做为补品。科学家及医生迄今尚未提出任何特定菌种的每日建议摄取量，但证据似乎显示，在这场正邪细菌大战中，益生菌为一名有力的战士。

-by Howard Weston

Vocabulary

diminish [dɪˈmɪnɪʃ] v. 缩减

acute [əˈkjut] adj. 急性的

immune [ɪˈmjun] adj. 免疫的

supplement [ˈsʌpləmənt] n. 补品

recommend [ˌrɛkəˈmɛnd] v. 建议

More Information

battleground [ˈbæt!ˌgraʊnd] n. 战场

digest [daɪ ˈdʒɛst] v. 消化

cleanse [kleɪnz] v. 清洁; 净化

kill off: 杀光; 灭绝 to destroy in such large numbers as to render extinct

irritable [ˈɪrətəbəl] adj. 急躁的

bowel [ˈbaʊəl] n. 肠

syndrome [ˈsɪn,drom] n. 综合征

probiotic [,prɒbaɪ ˈɒtɪk] n. 益生菌

push aside: 排挤; 推到一边 to shove someone or something to one side

diarrhea [,daɪəˈrɪə] n. 痢疾

ulcerative [ˈʌlsə,retɪv] adj. 溃疡性的

colitis [ko ˈlɪtɪs] n. 结肠炎

represent [,rɛprɪ ˈzɛnt] v. 表示; 代表

foodstuff [ˈfud,stʌf] n. (尤指商业生产或销售的) 食品

evidence [ˈeɪvədəns] n. 证据

seduce [sɪ ˈdʒus] v. 诱惑; 引诱