



"Health is the greatest gift."
Gautama Buddha

THE WORLD THROUGH THE EYES OF IPA

IPA is coming to a country near you, just not this month!

The world might be on lockdown, social distancing rules might apply but IPA can still pop up on your screen in the comfort of your home.

Make sure you don't miss the first of our four **FREE WEBINAR** in the IPA 2020 series, which will highlight the possible role probiotics may play in supporting our immune system.

[REGISTER HERE](#)



We may be isolated, but the message of hope is spreading.

IPA has updated its logo to convey a message of solidarity during the current global crisis.

What is the meaning behind the rainbow seen across many countries around the world you ask?

Rainbows are used as a symbol of peace and hope as they often appear when the sun follows a heavy rainfall: after every storm comes a rainbow.

The current trend appears to have started in Italy as families and households work to stay positive during the lockdown but is now being adopted across many countries, where people have decorated their windows and balconies with drawings of rainbows.

If you look and read closely, the IPA rainbow is drawn with different color of bacterial rods and in the background you can read "It's going to be OK" in 12 languages.



“Out of suffering have emerged the strongest souls...” Khalil Gibran

It is a sober reflection that such a small 70nm virus of fat, protein, and DNA can cause so much sickness, suffering, and death. But instead of dwelling on the raw power of nature, I want to focus on how our industry can be of help in this crisis. How? Well, firstly it is immensely encouraging that every single IPA company I've spoken with insists that probiotics should not be promoted to help treat or prevent the COVID-19 infection.

So we all agree; not the patients. But then who can benefit from probiotics at this time? The doctors and nurses working around the clock in ICUs with the sick; the policemen and firefighters working hard to ensure safety for us all; those who clean our buildings and businesses; the caregivers tending to our elderly and vulnerable; the media breaking stories; the trucker driving for days without sleep to ensure essential supplies arrive at our stores; your local internet provider and IT support staff who maintain the digital networks. While everyone is getting more intimate with take-out food and their local amazon delivery person, don't forget that now all the dads and moms also have to juggle taking care of their kids alongside their work. Kids are homeschooled without friends or the outdoors with huge amounts of screen time. The world has changed overnight and many are struggling to adapt.

I anticipate not only a baby boom in 9 months, but jokes aside, there will be higher stress and anxiety, increased musculoskeletal problems and decreased bone density, depression, weight gain, etc. In other words: increased cortisol levels, nutritional and hormonal imbalances, and overall reduced microbiome diversity. Of course there are exceptions: some may emerge in the best shape of their lives fueled by home cooking, daily fitness and mental challenges, and a slower, more deliberate lifestyle. Nonetheless, this is a new industrial reality. Everyone is learning how to work remotely amid spring cleaning. Employee benefit plans and support systems will have to change. Consumers are limited to online options for information and solutions. And we can help! We have evidence-based probiotics currently available that can help to make a big difference for the secondary casualties of this pandemic. Let us do our part and share those positive, evidence-based messages about how probiotics can help support those struggling with this new world of ours.

Until May and stay healthy!



Jesse



Update on Taxonomy Changes... It finally happened !

The taxonomy manuscript has been published.

Today the nomenclature of the genus *Lactobacillus*, together with some other related taxa like the pediococci, leuconostocs, fructobacilli, etc... has been revisited. The single genus

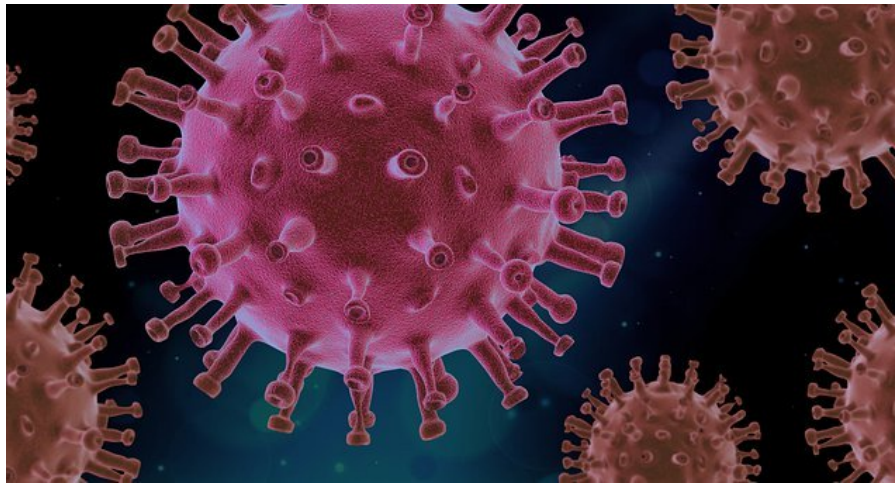
has been split into 25 genera.

Whole genome sequences of all type strains were used to compare and weigh the commonalities and differences between the species and draw nice dendrograms. The results you can see [here](#). The different clusters obtained were shown to intertwine with species of other genera such as *Fructobacillus*, *Leuconostoc*, *Paralactobacillus*, *Pediococcus*, etc. The original genus *Lactobacillus*, constructed in 1901 around the species *Lactobacillus delbrueckii*, is now again restricted to only 35 species. The other species have been formally taken out of the genus and put into 23 new genera and *Paralactobacillus*. The choice was made to describe a large number of genera, because

1. The sequence data suggested that split
2. This would allow a more detailed communication as mentioned above
3. This would create a stable nomenclatural framework that would avoid further nomenclatural interventions in the near future

Renaming of lactobacilli has happened in the past. Quite a number of species have been taken out of the genus and put in other or new genera, mainly based on molecular data. The scale at which these renamings have happened, have been big and small. Some of you may remember that new species have been created and split from others, with economically important species such as *L. paracasei* and *L. rhamnosus*. This time the scale is somewhat larger and species with considerable economic importance are again impacted.

To learn more about about these changes, [click here](#).



Immune Impacts of Probiotics, Prebiotics and Synbiotics

Sandra Saville RD, [IPA Education and Communications Committee](#), reported on studies looking at possible roles for probiotics, prebiotics and synbiotics in supporting the immune system, especially in upper respiratory tract infections.

“While it is difficult to extrapolate results from studies with different strains and different types of respiratory infections, collectively, these results point to support of the immune system using select strains of probiotics, certain prebiotics and specific combinations of synbiotics. In certain cases, these may potentially reduce the incidence, severity, and duration of some viral URTI.”

Nevertheless, no studies have been performed with probiotics on the newest [COVID-19](#).

FREE WEBINAR "Probiotics: Can they play a role in Immune Support?"

The first of IPA's 2020 webinar series will highlight the possible role of probiotics in supporting our well being and immune function.

Register now to learn more about the body's defense mechanism, our immune system and its importance to human health. [Learn more: HERE](#)

Our immune system is the body's defense mechanism and is a big concern presently given its huge importance to human health. Science continues to show that perturbations of the microbiome, whether it be gut, lung or elsewhere may play a significant role in the development of disease. Similarly the science is also showing that restoration of the microbiome can help in the healing. This first of four webinars in the IPA 2020 series will highlight the possible role of probiotics in supporting our immune system. Probiotics have their place in a supportive or adjunct way and this webinar will shed some light on certain immune support roles in specifically researched applications.

Every quarter, IPA publishes in [WholeFoods magazine](#). This month's submission at first seemed inappropriate given the raft of event cancellations but then became oddly relevant in that running is one of the few allowed activities during the pandemic.

Care of a healthy gut microbiome is vital for an athlete's health, training and performance.

[Read how probiotics may help marathoners go the distance.](#)



More from IPA



[Respiratory Microbes and Lung Inflammation](#)

Probiotics have been shown to be of some benefit with viral infections of the upper respiratory tract. But when it comes to SARS-CoV-2, few facts are known except that it apparently targets the lungs. A [new IPA blog](#) gives the details.



[Urinary Tract Infection? Probiotics May Help](#)

Depletion of certain microbes in those with recurring UTIs points to a possible role for probiotics to replenish a healthy milieu and thus lower infections. Read this [IPA blog](#) to learn of the evidence.



[Probiotics Take Oral Exams](#)

Probiotics are linked with decreased colony forming units (CFUs) of cariogenic pathogens such as *S. mutans*. [Many studies](#) concluded that the use of probiotics can reduce *S. Mutans* CFU counts. An [IPA blog](#) looks at the science for prevention and treatment of cavities and periodontal disease.



In case you missed it, this [IPA blog](#) addresses how probiotics may act to bolster immunity and looks for evidence in other viral infections.



IPA World Congress + Probiota Americas 2020 postponed until November 16-18, 2020 at the Crystal Gateway Marriott Hotel, Washington DC.

The [program for the event](#) features speakers covering topics including postbiotics, the changing retail landscape, microbes and the mitochondria, and fermented foods.

Coming Up?

Nothing is certain in these times, but we can hope.

[Vitafoods Europe](#)

September 1-3, 2020

Geneva, Switzerland

<https://www.vitafoods.eu.com/en/welcome.html>

[Vitafoods Asia](#)

September 23-24, 2020

Singapore

<https://www.vitafoodsasia.com/en/welcome.html>

[Natural Products Expo East](#)

September 23-26, 2020

Philadelphia, PA, USA

<https://www.expoeast.com/en/home.html>

[IPA Probiotic Workshop](#)

October 8, 2020

Washington DC, United States

<https://www.eventbrite.ca/e/ipa-probiotic-workshop-in-dc-tickets-80150358881>

[SupplySide West](#)

October 28-30, 2020

Las Vegas, NV, United States

<https://west.supplysideshow.com/en/home.html>

[Probiota Asia](#)

November 11-13, 2020

Shanghai, China

<https://www.probiotaasia.com/>

[Probiota Americas + World Congress](#)

November 16-18, 2020 -- RESCHEDULED!

Washington DC, United States

<https://www.probiotaamericas.com/>

[Food ingredients + Natural ingredients Europe](#)

December 1-3, 2020

Frankfurt, Germany

<https://www.figlobal.com/fieurope/>

IPA invites you to join our global network. Learn the [10 Key Reasons to Join the IPA Community](#): In addition to meeting interesting people, you gain a stake in standards, regulations, IPA elections, and promotion of synbiotics across the globe. And as a bonus, IPA's logo is yours to splash out your website with excellence.



One last thing

Repeat: Your immune system is a mighty ally against infections.
Bolster it everyday with probiotics, both in foods and supplements.

Join today!

[We'd love to hear from you.](#)



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