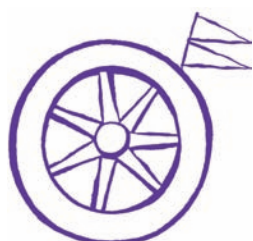


Fall 2011 Brown Bag South Asia Seminar series



LUND
UNIVERSITY



SASNET

**Interdisciplinary South Asia Seminars
with Lund University researchers
All are invited!**

All seminars held 12.00 – 13.00

**at Murbeckssalen, Gula Villan
(inside Botanical Gardens),
Östra Vallgatan 14, Lund**

Thursday 13 October 2011:

Åsa Ljungh

**Section of Medical Microbiology,
Department of Laboratory Medicine, Lund University**

**Lactic Acid Bacteria – from Stone
Age Man to Functional Food**

Thursday 10 November 2011:

Olle Frödin

Department of Sociology, Lund University

SASNET offers free brown bag lunch to those interested.
Please send an e-mail to Lars.Eklund@sasnet.lu.se
at least a day in advance

Thursday 15 September 2011, 12.00–13.00

Åsa Ljungh: Dept. of Medical Microbiology

Lactic Acid Bacteria – from Stone Age Man to Functional Food

ABSTRACT:

Lactic Acid Bacteria (LAB, Lactobacillus sp, Bifidobacteria sp and others) we know are prevalent in nature since the stone age. As long as we know, LAB have been used to ferment food, and as a means for preservation of food.

Nowadays, our intestinal content of LAB has decreased, and this is part of the reason that the prevalences of several gastrointestinal disturbances have increased. With modern technology, several important and beneficial criteria of LAB have been demonstrated such as antagonistic effect against enteric pathogens, binding of potentially carcinogenic substances (evoking cancer), effects on the immune system, and production of antioxidants which bind reactive oxygen species, ROS, which are produced in our intestine and are very toxic.

Part of this knowledge has lead to that multiple preparations are sold as “beneficial for your health, prevents against travellers’ diarrhea” etc. but the doses of LAB are low, the shelf life is not documented, and there are few scientific reports documenting their effects.

Clearly, more scientific studies are needed to document their beneficial effects!

Venue: Murbeckssalen, Gula Villan (inside Botanical Gardens), Lund

All are welcome!

More information: <http://www.sasnet.lu.se/brownbag2011.html>