

# Probiotic Bacteria Induce a 'Glow of Health'

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Radiant skin and hair are universally recognized as indications of good health. However, this 'glow of health' display remains poorly understood. **We found that feeding of probiotic bacteria to aged mice induced integumentary changes mimicking peak health and reproductive fitness characteristic of much younger animals.** Eating probiotic yogurt triggered epithelial follicular anagen-phase shift with sebocytogenesis resulting in thick lustrous fur due to a bacteria-triggered interleukin-10-dependent mechanism. Aged male animals eating probiotics exhibited increased subcuticular folliculogenesis, when compared with matched controls, yielding luxuriant fur only in probiotic-fed subjects. **Female animals displayed probiotic-induced hyperacidity coinciding with shinier hair, a feature that also aligns with fertility in human females.** Together these data provide insights into mammalian evolution and novel strategies for integumentary health.