

Probiotics

Probiotics are commonly known as “good and helpful bacteria” that are found in yogurt, sauerkraut, and fermented food. These bacteria are “living” and inhabit our digestive system to promote digestion and strengthen our immune system. Some are naturally found in our bodies and they can be taken as supplements. Probiotics help to keep your digestive system healthy.

Sources of Probiotics

- Yogurt
- Kefir
- Sauerkraut
- Kimchi
- Tempeh
- Miso soup
- Sourdough bread
- Pickles
- Cheddar, gouda, parmesan
- Quality supplements or supplements from health food stores



Why Do We Need Probiotics?

Probiotics...

- Help control growth of harmful bacteria in digestive system
- May treat diarrhea
- Keep bowels regular
- May reduce blood pressure
- May lower risk of colon cancer
- May help with eczema
- May help treat irritable bowel syndrome
- Reduce severity of colds
- May prevent and treat urinary tract infections

How to Increase Good Gut Bacteria

- ✓ Reduce intake of sugar
- ✓ Reduce intake of processed foods
- ✓ Eat more plants
- ✓ Lower stress levels
- ✓ Practice good sleep
- ✓ Consume less red meat and animal products
- ✓ Don't overuse antibiotics because they kill helpful bacteria

Side Effects

The side effects of probiotics are mild. It can include diarrhea, stomach upset, and bloating. If you are thinking about using supplements, consult your health care provider.