

NUTRITION TIPS AND TRICKS

ADD IN PROBIOTICS

Probiotics are commonly known as “good and helpful bacteria” that are found in yogurt, sauerkraut, and fermented foods. 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 our digestive system healthy.



Sources of Probiotics

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

Why Do We Need Probiotics?

- 1 They help control the growth of harmful bacteria in our digestive system.
- 2 They keep bowels regular and may help treat irritable bowel syndrome and diarrhea.
- 3 They prevent and treat urinary tract infections.
- 4 They reduce the severity of colds.
- 5 They may help to reduce blood pressure.
- 6 They may lower the risk of colon cancer.
- 7 They may help with eczema.

How to Increase Good Gut Bacteria

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



>>> Side Effects <<<

The side effects of probiotics are mild, but they can occur. They include diarrhea, upset stomach, and bloating. If you're thinking about using supplements, consult your health care provider first.