

PREBIOTICS & PROBIOTICS

THE RELATIONSHIP OF MICROORGANISMS AND HEALTH

According to the National Institute of Health (NIH), it is estimated that 90% of cells in the human body are bacterial, fungal and non-human. The gastrointestinal tract alone contains on average, 40,000 bacterial species. These microscopic organisms are assembled at birth, develop with their host, and are greatly influenced by environmental factors, such as diet. The GI microbiota is involved in human health and disease due to its role in:

1. Absorption of glucose, fatty acids, minerals iron, magnesium, and B12
2. Production of butyrate, bile, & Vitamin K2
3. Immune function (75% of immune system is in the GI)
4. Intestinal motility, and maintaining a healthy barrier to the blood stream
5. Modulating IgA, IgG immune cells, B cells, T killers, and the inflammatory response

Top Killers of "Good" Gastrointestinal Bacteria:

1. Sugar
2. Artificial Sweeteners
3. Emotional Stress
4. Food Chemicals
5. Prescription Antibiotics & Medications

PREBIOTICS

A type of non-digestible fiber that passes through the upper part of the GI tract and remains undigested until it reaches the colon, where it becomes the food source of the GI microflora.

Benefits:

- lower risk for cardiovascular disease, obesity & weight gain
- lower inflammation and autoimmune reactions
- healthier cholesterol levels
- improved digestion
- better hormonal balance
- enhanced immune function

Sources:

Raw dandelion greens, raw leeks, raw jicama, under-ripe bananas, raw asparagus, raw garlic, raw or cooked onions, raw chicory root, acaia gum (gum arabic) garlic, Jerusalem artichokes, and bran

PROBIOTICS

The "good" bacteria found in food or dietary supplements. When consumed on a daily basis, can help maintain or restore beneficial bacteria to the digestive tract

Benefits:

- improvement of intestinal health
- reduction of serum cholesterol
- amelioration of symptoms of lactose intolerance
- enhancement of the immune response & cancer prevention
- prevention of antibiotic-associated diarrhea & other diarrheal diseases

Sources:

Kefir, Sauerkraut, Kimchi, Coconut Kefir, Natto, Yogurt, Miso, Kvass, Kombucha