

# PREBIOTICS AND PROBIOTICS

TO BUILD UP GOOD BOWEL FLORA IN THE GUT,  
RESPONSIBLE FOR 80% OF THE IMMUNE FUNCTION.



## **Food sources of prebiotics which feed the good probiotics**

**Raw garlic, onions, Jerusalem artichokes, leeks, beans, pulses, chicory roots, burdock roots, dandelion roots, legumes, parsnips and butternut squash.**

## **Food sources of probiotics to feed healthy bacteria**

**Organic live yogurt, soya yogurt, quark, cottage cheese, sauerkraut, miso, tempeh, tamari, pickled and naturally fermented fruit and vegetables, sourdough bread from wheat or rye, wine from grapes, aloe vera juice, supplement with probiotics.**

## **Food sources to avoid which feed bad bacteria**

**Red meat, dairy products, sugar, refined and packaged foods.**

## **What are prebiotics and probiotics?**

Probiotic bacteria lines the digestive tract and in return for food and shelter they help us digest food, absorb nutrients, keep bad bacteria at bay and support the immune system. Prebiotics are a dietary substance which stimulates the growth of bifidobacteria and other healthy bacteria in the gut. FOS (Fructo-oligosaccharide) are specific carbohydrates, which are indigestible by humans, but which selectively promote the growth of beneficial gut bacteria.

## **Benefits of pre and probiotics**

- 1 Helping maintain favourable balance of friendly bacteria in the digestive tract.
- 1 Production of important digestive enzymes and lactic acid.
- 1 Enzymatic breakdown of lactose, a milk sugar which some people find hard to digest.
- 1 Colonisation of mucosal surfaces of the digestive tract with friendly bacteria, opposed to colonisation of bad bacteria.

## **People who need more pre and probiotics**

- 1 People who want to optimise health on a daily basis (probiotic products maintain a healthy digestive tract).
- 1 People taking, or have taken antibiotics. (Take after taking antibiotics as they destroy all types of bacteria including good bacteria).
- 1 People who have a low immune system as probiotics stimulate the immune system.
- 1 People whose normal diet has changed.
- 1 People travelling abroad who are experiencing diet and water changes.
- 1 People with diarrhoea caused by bacteria and virus, colitis, constipation, flatulence, lactose intolerance, leaky gut, urinary track infections, chlamydia and candida.