

Dealing with Digestive and Gut Issues

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of these as germs that cause diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy.

- When you lose "good" bacteria in your body, for example after you take antibiotics, probiotics can help replace them.
- They can help balance your "good" and "bad" bacteria to keep your body working the way it should.

Among other things, probiotics help send food through your gut by affecting nerves that control gut movement. Researchers are still trying to figure out which are best for certain health problems. Some common conditions they treat are:

- Irritable bowel syndrome
- Inflammatory bowel disease (IBD)
- Infectious diarrhea (caused by viruses, bacteria, or parasites)
- Antibiotic-related diarrhea

There is also some research that shows probiotics are useful for problems in other parts of your body. For example, they have helped with:

- Skin conditions, like eczema
- Urinary and vaginal health
- Preventing allergies and colds
- Oral health

The following are unpasteurized probiotic rich foods:

- Kefir
- Sauerkraut
- Miso
- Pickles
- Tempeh
- Kimchi
- Kombucha tea

You'll notice the list of foods rich in probiotics does not include yogurt. Most yogurts have too many sugars and not enough active probiotic cultures. If you want to do a yogurt, a plain yogurt high in active cultures would be the best.

The most important thing to remember, there is a big difference between probiotics, do your research before purchasing probiotics.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email info@wholehealthconnection.com.

Thanks, Sami