

The Role of Probiotics in our Body

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What Are Probiotics?

Probiotics are live bacteria in our digestive system that provide immunity against fighting diseases. Researchers have proven the fact that our body is full of good and bad bacteria, and an imbalance between them due to antibiotics therapy, immune disease, and more leads to

further diseases. There are two main types: Lactobacillus, whose different strains help individuals with diarrheas, and Bifidobacterium, found in dairy products. Both types help with symptoms of irritable bowel syndrome.

Another type, Saccharomyces boulardii, is a yeast found in probiotic which helps fight diarrhea.

The probiotics help fighting the gut bacteria through stimulation of the Vagus nerve in the intestines. Researcher have proved the fact that they are useful for treatment of intestinal diseases, inflammatory bowel diseases, antibiotics induced diarrhea, skin conditions such as eczema urinary tract and yeast infections in women oral health and more

Foods containing high probiotics



Foods high in probiotics include fermented foods like pickles, kimchi, yogurt, kefir, butter, milk, and different types of yogurts. A product of fermented milk yogurt contains probiotics from species lacto bacillus and streptococcus thermophiles. The yogurt brand containing probiotic are several types in market.

The 5 healthy probiotic rich food include 1 yogurt, 2 miso a Japanese seasoning made by fermenting soy beans 3 sauerkraut finely shredded cabbage, kimchi, a spicy Korean side dish ad different kinds of cucumbers pickled in solution of salt water. Pickles also contain high sodium and vitamin k an important nutrient helps with blood clotting.

Healthy living here are a few tips towards healthy living,

Drink a glass of water in morning 2 get enough sleep, 3 eat well balanced diet, 4 do stretching in morning and exercises, 5 eat well balanced diet. Frequent medical checkup and take your medications as prescribed regularly and quit smoking if you are a smoker. Breakfast is the most important meal of day. Researchers have proved the fact that breakfast eaters are less likely to be obese and get diabetes. Make social contacts, live happy and love your life.

