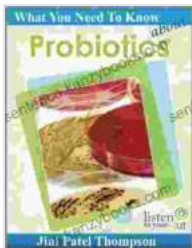


What You Need To Know About Probiotics

Probiotics are live microorganisms that, when consumed in adequate amounts, provide health benefits to the host. Probiotics are found in fermented foods such as yogurt, kefir, and sauerkraut. They can also be taken in supplement form.



What You Need to Know About Probiotics

by Jini Patel Thompson

★★★★★ 5 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

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Probiotics have been shown to have a variety of health benefits, including:

- Boosting the immune system
- Reducing the risk of gastrointestinal infections
- Improving digestion and absorption of nutrients
- Reducing inflammation
- Lowering cholesterol levels

- Preventing and treating allergies and asthma
- Improving mood and cognitive function

How do probiotics work?

Probiotics work by interacting with the gut microbiota, the community of trillions of bacteria that live in the intestines. The gut microbiota plays a vital role in human health, helping to digest food, produce vitamins, and protect against harmful bacteria. Probiotics help to maintain a healthy balance of gut microbiota, which is essential for good health.

What are the different types of probiotics?

There are many different types of probiotics, each with its own unique health benefits. Some of the most common types of probiotics include:

- *Lactobacillus*
- *Bifidobacterium*
- *Saccharomyces boulardii*

How can I get more probiotics in my diet?

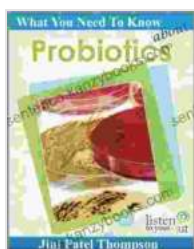
There are several ways to get more probiotics in your diet:

- Eat fermented foods such as yogurt, kefir, sauerkraut, and kimchi.
- Take a probiotic supplement.
- Drink kombucha, a fermented tea.
- Eat miso, a fermented soybean paste.

Are there any risks associated with taking probiotics?

Probiotics are generally safe for most people. However, some people may experience side effects such as gas, bloating, or diarrhea. If you experience any side effects, stop taking the probiotic and talk to your doctor.

Probiotics are live microorganisms that provide health benefits when consumed in adequate amounts. Probiotics are found in fermented foods and can also be taken in supplement form. Probiotics have been shown to have a variety of health benefits, including boosting the immune system, reducing the risk of gastrointestinal infections, improving digestion, and reducing inflammation. If you are looking for a natural way to improve your health, consider adding more probiotics to your diet.



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