



LOVE
YOUR
GUT

There is also strong evidence to suggest that probiotics help to lower cholesterol, decrease blood pressure and may even help to correct the dysbiosis associated with Polycystic Ovary Syndrome.

PREBIOTICS. FOODS THAT FEED PROBIOTICS

The chances are you've already heard the term probiotics, but **pre**biotics are their less talked about food source. These are non-digestible food fibres that pass through the upper part of the gastro-intestinal tract to nourish colonies of good bacteria without causing the proliferation of harmful ones.

Smoking, stress, antibiotics and poor diet can all decrease the amount of probiotics in our gut, so eating foods that contain prebiotic fibre such as inulin and pectin can help restore the balance.

PREBIOTIC FOODS

- **Onions** - also have antioxidant properties
- **Leeks** - try tossing though pasta or a salad
- **Raw garlic** - also has powerful antifungal, antioxidant, anti-inflammatory, antiviral and anti-cancer properties. Try adding it to tomato salad, dips, spreads or homemade hummus
- **Slightly unripe bananas** - these contain the highest concentration of resistant starch and prebiotics. While they won't be as soft or sweet-tasting, they still work well in smoothies or even warmed up as a dessert
- **Apples, plums, pears and oranges** - all packed with pectin, which is not only a powerful prebiotic, it also helps to lower cholesterol
- **Asparagus** - try shaving over salads or quickly stir-frying.
- **Jerusalem artichokes** - Try shredding them and sprinkling some on top of a salad, into a smoothie or into a dip

*More than 95% of the world's
bacteria is harmless to humans*

*There are roughly 40 trillion bacteria
cells in the human body, and 'only'
30 trillion human cells, so we are
more bacteria than human....*

*The amount of bacteria in the
human body weighs 1-2 Kg, the
same as an average brain.*

DEFINITIONS

- **Bacteria, microbe, micro-organism** - Single-cell living organisms, some are beneficial while others cause disease
- **Microbiome** - a group of bacteria residing in a particular part of the body, eg gut, skin, armpit
- **Probiotics** - the 'good guys', beneficial bacteria
- **Prebiotics** - food for the good guys, non digestible fibre that promotes the growth of healthy gut flora
- **Postbiotics** - by-products from the good bacteria, help to reduce inflammation, promote probiotic growth, support immunity and benefit skin

