

Health Benefits of Probiotics

There are good bacteria and bad bacteria in your gut. Probiotics refer to the good bacteria because it provides many health benefits.¹ Many recent research studies have proven that not only do probiotics promote healthy gut function, but also strengthen immunity, improve sleep, improve mood, prevent obesity, manage type 2 diabetes, arthritis and certain cancers.

Fun Facts:

1. More than 100 trillion bacteria lives in your body
2. Sum of bacteria weighs about the size of your heart
3. 60-80% of immune system tem is located in the gut
4. More than 40 diseases have been linked to intestinal bacterial imbalance including depression disorder, arthritis, Irritable bowel syndrome, type 2 diabetes and certain cancers.
5. Use of antibiotics eliminates all bacteria in the body, including good bacteria

COMMON TYPES OF PROBIOTICS THAT SUPPORT DIGESTIVE HEALTH AND IMMUNITY

Bifidobacteria

- Colonize in the colon
- Improve lactose intolerant by breaking down
- lactose to lactate
- Produce vitamin K and B vitamins
- Suppress appetite and reduce food intake
- Reduce insulin resistance
- Examples: B. Breve, B. Animalis, B. Lactis

Lactobacillus

- Colonize in the small intestine and stomach
- Help produce lactase (enzyme) which break down lactose to lactate
- Increases absorption of minerals in the gut, such as calcium, iron, copper, and magnesium
- Suppress appetite and reduce food intake
- Reduce insulin resistance
- Examples: L. Acidophilus, L. Casei, L. Reuteri

Probiotics can be found in dairy and fermented food products. However, high temperature can kill all bacteria including probiotics, we should consume probiotic food products in their most original form whenever possible to receive the greatest benefits from it.

Here are some great examples of high quality probiotic foods:

Dairy Products

Yogurt, Kefir, Aged Cheese



Soy Products

Natto, Miso, Tempeh



Fermented Food & Beverages

Kombucha Tea, Apple Cider Vinegar, Kimchi, Sauerkraut



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