



The Complete Prebiotic and Probiotic Health Guide: A Diet Plan for Balancing Your Gut Flora - Includes 175 Recipes

By Maitreyi Raman, Angela Sirounis, Jennifer Shrubsole

Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, The Complete Prebiotic and Probiotic Health Guide: A Diet Plan for Balancing Your Gut Flora - Includes 175 Recipes, Maitreyi Raman, Angela Sirounis, Jennifer Shrubsole, Did you know that the gut contains over 100 trillion bacteria? In recent years, there has been a great deal of research exploring the relationship between maintaining an optimal balance of healthy bacteria in our gut, known as 'healthy gut', and the impact of a healthy gut on overall health and disease prevention and treatment. There are two bacteria key to a healthy gut: probiotics and prebiotics. Probiotics are healthy bacteria that naturally live and flourish in the colon of our digestive systems. Prebiotics, on the other hand, are non-digestible carbohydrates that also live in the digestive system where they act as 'food' for the beneficial probiotics. Unfortunately, there are some lifestyle choices, such as poor diet and overuse of antibiotics, that can seriously compromise healthy levels of probiotics and prebiotics. The Complete Prebiotic and Probiotic Health Guide is a guide to achieving and maintaining an optimal balance of prebiotics and probiotics in the digestive system. Written by one of the world's leading gastroenterologists, the book...



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