



The Probiotic Revolution: An Informative Guide on the Benefits of Probiotics and How to Get Started Using Them

By Leonardo Ward

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you been trying to improve your health with little to no luck? Do you want to learn what the craze is over probiotics? Probiotics are micro-organisms found in certain food items and supplements. Studies have proved that probiotics have several health benefits. However, this fact has not been officially verified by scientists. Therefore, probiotics are still under research. The two major varieties of microbes that are processed for building probiotics are LAB or Lactic acid bacteria and bifidobacteria. Apart from these two, bacilli and yeasts are also used. Probiotics are found in fermented food items like soy yogurt and yogurt. These foods are fermented by adding live cultures of bacteria. Studies are conducted to verify whether probiotics have any influence on conditions like diarrhea, intestinal inflammation, allergies and infections. Although the studies are not conclusive in nature, several group of researchers believe that probiotics can aid in digestion and absorption of food.



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