

## Did You Know?

When it comes to your health there should be one central focus- your gastrointestinal tract.

80% of your immune system lies in your digestive system and a strong immune system is your number one defense against all illnesses. Antibiotics, pesticide covered foods and hormone injected meats are just some of the things that compromise our gut health.

This is where probiotics come in handy.

Probiotics:

1. provides good bacteria for optimal health  
\* your body needs more good bacteria to fight off the bad, with an optimal ratio of 85:15
2. helps digest and absorb certain carbohydrates  
\* probiotics helps convert certain undigested starches, fiber and carbohydrates into energy and nutrients
3. Prevents allergies  
\*probiotics trains your immune system to distinguish between harmful and non harmful agents in your body

Probiotics in food:

Though probiotics in food are generally limited to only a few types of bacteria (each age group needs different types of bacteria while some groups require a more potent level of bacterial count), foods like yogurt, kefir, sauerkraut and natto are great choices to increase your good bacteria count. Be sure your dairy products are NON-pasteurized!

## 你知道嗎

腸道健康

當談到您的健康，消化系統便是其中一個重點。因為有80%的免疫系統是存在於您的腸道中，所以我們的消化系統確實是一個強大的免疫系統，為您防禦所有的疾病。抗生素、含農藥的食物和注射了激素的肉類是會影響我們的腸道健康，因此我們需要益生菌。

益生菌：

1. 提供益菌，讓身體維持最佳狀態  
\*您的身體需要更多的益菌來對抗壞菌，最佳比例是85:15
2. 幫助消化和吸收某些碳水化合物  
\* 益生菌有助將身體未能消化的澱粉、纖維和碳水化合物轉化為能量和營養素
3. 防止過敏  
\*益生菌可訓練您的免疫系統分辨對身體有害或無害的物質

益生菌的食品：

雖然益生菌的食品一般所含的菌種類型較少(不同的年齡組別所需的細菌類型會有所不同，某些組別是需要較多的細菌水平)。讓體內益菌增加的選擇，包括乳酪、kefir 奶、德國酸椰菜和納豆。但要確保所選的乳製品並無經過巴氏消毒。