Do you know that some 10 trillion bacteria residing our intestines - both small and large? Some are good, some are bad. But the healthy ones are those keep you away from diseases like cancer. Give them no reason to stop helping you.

Probiotics are live microorganisms that live in your body and help it to maintain it. They help in protection from harmful bacteria when taken in sufficient quantities. The gut microbiota consists of various bacteria, viruses, fungi, and other organisms which play an intricate role between your immune system and gut. Probiotics improve the absorption of nutrients, improve synthesis of vitamins, essential fatty acids and prevent some bacterial and fungal infections.

The most examined research has been on colon cancer and more research needed for more detailed results.  However, observations have shown the colon cancer sufferers had a large amount of lousy gut.  The harmful bacteria may lead  to weight gain and insulin resistance leading to type 2 diabetes. By suppressing mutagens and carcinogens and by controlling the microbiota, which otherwise can alter the DNA structure.

With our immune system residing 70% in our stomach and digestive system, eating foods high in prebiotics and probiotics makes more sense. Research has shown that probiotics have  identified to brain health and the immune system. Cells lined with probiotics bacteria have reduced cell invasions and metastasis.

**What foods consist of Probiotics!**

In general, any fermented food has bacteria, but there are few foods that are super healthy.

a) Yoghurt - The best source of probiotics. made from milk, has been fermented by friendly bacteria, mainly lactic acid bacteria and bifidobacterial. A very simple preparation, the curd is rich in lactobacillus and supports the gut indigestion. Curd–either sweet or salted–can also be consumed

b) Sauerkraut – is a rich source of immune-boosting nutrients and good bacteria.  1cup of sauerkraut consists of 27gms of calories,35% of vitamin C, 23 % of Vitamin K, Iron, Manganese, folate, potassium, and copper. Sauerkraut fermentation creates conditions that promote the growth of beneficial probiotics. One has to be careful with sodium intake as Sauerkraut can have more sodium.

c)Tempeh - Fermentation of Soybean. Soy is one of the best alternates to dairy foods for people having allergies to dairy food. This is a traditional Indonesian food.

d) Kimchi- traditional Korean food manufactured by fermenting vegetables with probiotic lactic acid bacteria

e) Idly – Fermented and steamed Indian breakfast. Made from fermenting rice and pulses, they contain a good number of intestinal bacteria and are low in calories, hence a healthy breakfast option.

**>>>> Here is a free recipe for black bean miso and ginger soup <<<<<< x**

f) Mediterranean diet (MD)- Probiotics and the Mediterranean diet are like two lovers coming together. Traditional MD consists of fibre, vitamins, healthy fats and antioxidants. Red meat is seldom consumed. Foods like vegetables, fruits, nuts, seeds, beans, sweet potatoes, peas and lentils.  and moderate amounts of whole grains, avocados and olive oil, cheese, yoghurt, eggs and fish. You can replace red meat with country chicken. Avoid that has been fattened by artificial means that you get in a commercial store.

This diet can reduce uremic toxins that are toxins that affect the kidneys, cardiovascular diseases, neurological disorders, and other conditions.

Food is important for our survival. Naturopathy discusses how a good diet can guide you to be healthy, wise and enjoy life. By making a few lifestyle changes, our lives can be much better. Talk to Todd Robinson at – for more on this subject.

Here are a few good books if you are interested in buying and cooking –

1. ​​​​​​​The Good Gut Diet Cookbook: With Prebiotics and Probiotics. by [Carolyn Humphries](https://www.amazon.com/s/ref=dp_byline_sr_book_1?ie=UTF8&field-author=Carolyn+Humphries&text=Carolyn+Humphries&sort=relevancerank&search-alias=books) –

<https://www.amazon.com/Good-Gut-Diet-Cookbook-Prebiotics/dp/0754832139>

1. The Good Gut Diet Hardcover – 2015 by [MD Gerard E. Mullin](https://www.amazon.com/s/ref=dp_byline_sr_book_1?ie=UTF8&field-author=MD+Gerard+E.+Mullin&text=MD+Gerard+E.+Mullin&sort=relevancerank&search-alias=books) - https://www.amazon.com/Good-Gut-Diet-Gerard-Mullin/dp/1623364000

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