Prebiotics

**What are Prebiotics?**

Scientists have defined Prebiotics as a selectively fermented ingredient that allows specific changes, both in the composition and/or activity in the gastrointestinal microflora that confers benefits upon host well-being and health. Prebiotics are non-digestible foods that make their way through our digestive system and help good bacteria grow and flourish. Prebiotics keep beneficial bacteria healthy. Prebiotics are not bacteria. They are specific nutrients, usually non-absorbable carbohydrates like fructo- and oligo-saccharides, which can be found naturally occurring in whole grains, fruits and legumes. Many prebiotics identified to date are members of the carbohydrate family.

**Why do Prebiotics Work?**

Prebiotics are the fertilizer for productive bacterial growth, feeding probiotic bacteria and assisting in its growth. According to OB/GYN Marcelle Pick, "fructooligosaccharides (FOS) and inulin, natural sugars found in bananas, chicory root, onions, leeks, fruit, soybeans, sweet potatoes, asparagus and some whole grains" assist in helping healthy probiotic bacteria through digestive acids, keeping them whole and able to reach their final destination. Additional sources of good Prebiotics include: Endive, Fresh Dandelion Greens, Radicchio and Garlic.

**Benefits of Prebiotics**

Prebiotic Benefits

* Increase in levels of good bacteria
* Reduction in levels of bad bacteria
* Increase in mineral absorption (for example, calcium)
* Control or prevention of occasional diarrhea
* Relief from occasional constipation, particularly in the elderly
* Provision of up to 10% of daily energy requirements
* Increase in bioavailability of minerals (for example, calcium and magnesium).

Moringa oleifera

**What is Moringa?**

For centuries, people in Asia and Africa have had access to moringa oleifera, one of nature’s most nutritious foods. Often called the Tree of Life or Mother’s Best Friend, it provides families–infants, children, parents, and grandparents–with an abundance of minerals, vitamins, calcium, proteins, and beneficial antioxidants and amino acids. This generous and bountiful plant is life sustaining. Living up to its nickname as a ‘Miracle Tree’, Moringa is the basis for many health and nutrition programs funded by various charitable organizations. Experts agree that a Moringa tree contains over 90 bio nutrients, 27 vitamins, 46 antioxidants, all 8 essential amino acids, and minerals, to help in the battle against malnutrition and aid in overcoming a number of illnesses, disabilities, and diseases.

**Here are just a few of the many real benefits people discover:**

* Increased physical energy - Tune your body up with naturally occurring nutrients to make your energy last longer
* Mental and emotional balance - Amazingly powerful nutrient compounds help restore stability to the chemicals that govern our thoughts and emotions. You have to experience it to appreciate it!
* Faster recovery - Moringa oleifera's complete amino profile, along with dozens of vitamins and minerals, makes it a perfect recovery food after grueling workouts and physical strain.
* Nutrient-dense mother's milk - Increased iron, potassium, Vitamins A, B, C, E, and dozens of other important nutrients are all readily absorbed from Moringa oleifera and transferred from mother's milk to the growing newborn. No wonder it's is called 'Mother's Best Friend' in cultures across Africa!
* Healthy blood sugar levels - antioxidants and unique regulatingcompounds help control blood sugar and keep the blood free of unhealthy substances.

Momordica Charantia

**Momordica Charantia**, also known as **Bitter Melon or Bitter Gourd**, is a crawling vine that grows well in tropical countries, particularly in the Philippines. The term **Momordica Charantia** refers to both the plant and its fruit, which is elongated, green and has a rough and rumpled skin. Known for its bitter taste, the **Momordica Charantia** is at once a staple ingredient in Asian cuisine and a reliable home remedy for various illnesses, particularly diabetes.

**Momordica Charantia** has long been a popular part of many Asian vegetable dishes. Though notorious for its bitter taste, **Momordica Charantia** is rich in iron, potassium, beta-carotene and other nutrients. But aside from its role as a healthy food, **Momordica Charantia** is especially valued by diabetics for its known anti-diabetes and blood glucose lowering properties.

Probiotics

Probiotics are organisms such as bacteria or yeast that are believed to improve health. They are available in supplements and foods. The idea of taking live bacteria or yeast may seem strange at first. After all, we take antibiotics to fight bacteria. But our bodies naturally teem with such organisms.

The digestive system is home to more than 500 different types of bacteria. They help keep the intestines healthy and assist in digesting food. They are also believed to help the immune system.

**How Do Probiotics Work?**

Researchers believe that some digestive disorders happen when the balance of friendly bacteria in the intestines becomes disturbed.  This can happen after an infection or after taking antibiotics. Intestinal problems can also arise when the lining of the intestines is damaged. Taking probiotics may help.

“Probiotics can improve intestinal function and maintain the integrity of the lining of the intestines,” says Stefano Guandalini, MD, professor of pediatrics and gastroenterology at the University of Chicago Medical Center. These friendly organisms may also help fight bacteria that cause diarrhea.