

Unlock gut health: The role of probiotics



Probiotics are live bacteria and yeasts that have beneficial effects on your body. These species already live in your body, along with many others. These help increase the number of healthy microbes in your gut.



Local examples:

- Kanji
- Fermented foods like idli, dosa
- Sauerkraut (fermented cabbage)
- Kimchi (fermented cabbage & radish)
- Kefir
- Yoghurt & curd
- Fermented Buttermilk



Benefits:

- Help fight off the less friendly types of microbes
- Boost your immunity against infections.
- Aid digestion and nutrient absorption



Pro tip:

Prebiotics feed the probiotics creating a strong, diverse, healthy gut microbiome. This supports digestion, mood, immunity, skin, metabolism which improves the overall health.

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