



PROBIOTICS



WHAT ARE PROBIOTICS?

Probiotics are live bacteria and yeasts that have beneficial effects on the body. These species already live in your body, along with many others, as the human body is home to trillions of microorganisms that live with us and help support our bodily functions and health. Not all microbes we carry are helpful—some types, such as germs can be harmful. But, beneficial microbes, such as probiotics help control the potentially harmful types. Probiotic products contain select, beneficial types of microbes to add to the populations already in the body.

WHY ARE THEY IMPORTANT?

Probiotics contribute live, beneficial microbes to the population within your gut. They prevent and treat dysbiosis, an imbalance of beneficial microbes. If you've recently had an illness or treatment that weakened the microbiome, doctors may suggest probiotics to rebuild it.

DID YOU KNOW?

The word “probiotic” comes from the Latin word meaning “for life”, and the Greek word bios, meaning “lively”

INCORPORATING PROBIOTICS

Incorporating fermented foods is a great way to add probiotic-rich foods to your diet. Miso, for example is probiotic rich- check out this recipe for Miso Cod!

Ingredients:

- 3 tbsp white miso paste
- 3 tbsp rice vinegar
- 2 tbsp mirin
- 1 tbsp brown sugar
- 1 lb raw cod

Directions:

1. In a small bowl, mix all ingredients besides cod. Place fish on baking sheet covered in aluminum foil. Brush miso mix over fish
2. Set oven to broil on high, cook fish for 5-6 minutes until fish looks caramelized. Enjoy!

