

# HEALTH MADE EASY

**The power of prebiotics & probiotics**

the undiluted power of the synbiotic effect



## Disclaimer

The information in this book was NOT written by a medical doctor, nurse, scientist, or medical practitioner. So BEWARE. Use this information at your own risk! It is a piece to enlighten the public about the benefits of prebiotic and probiotic content in protein bars, supplements and our everyday consumables, with modern nutritional information.

This information is not intended to diagnose medical problems, prescribe remedies for illness, or treat disease. Its intention is solely educational. We would strongly encourage you to use this information in cooperation with a medical or health professional.





## Preface

Prebiotics and probiotics are critically important to humans and when combined create an amazing synbiotic effect. How do these two things work together for the benefit of your gut? First, we have to note that prebiotics and probiotics work in tandem.

Probiotics are the live bacteria, and are quite delicate and can be killed easily with the stomach acid and heat through the digestive process.

This usually renders them inactive even before they get to their intended destinations in the small and large intestines. Individuals that rarely consume dairy or other fermented products might also find the consumption of large amounts of probiotics quite difficult.

Prebiotics, when consumed, are the food that the probiotics eat which nourish these good bacteria already present in the large and small intestine.

Prebiotics and probiotics work together to ensure the good bacteria (probiotics) in the gut are promoted to create a healthy and in-balance overall microbiome. While probiotics add the good bacteria to the gut, prebiotics acts as the fertilizer nourishing the good bacteria already present.

They help the good bacteria survive and grow, improving the good-bacteria to bad-bacteria ratio. The ratio of good to bad bacteria has been shown to have a direct effect on your overall health and wellbeing- both physically and mentally.

It is good to note that the body does not digest any of the prebiotics ingested but instead uses them as ruffage and solely to promote the good bacteria. This, in turn, promotes your digestive health.

Recent studies have shown the important role good bacteria and prebiotics play in the mental health of individuals. Individuals who consume good amounts of probiotics with prebiotics on a daily basis have fewer cases of stress, anxiety, and depression.

A test on their saliva showed lower levels of the hormone cortisol which has been shown to cause mental health disorders in people.

Prebiotics, unlike probiotics, are not affected by heat or acids present in the body's digestive system.

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# Contents

|  |    |
|--|----|
| Probiotics And Prebiotics - How They Keep Us Healthy .....                                   | 8  |
| Foods That Are Prebiotic .....   | 10 |
| Biotic Foods - What They Are And Why You Need Them .....                                     | 12 |
| Weight Loss Is Only One Reason To Take Prebiotic Supplements .....                           | 13 |
| Prebiotic And Probiotic Supplements - What Makes Them Different?.....                        | 15 |
| Health Benefits Of Prebiotics And Probiotics .....   | 17 |
| The Untold Secrets Of Prebiotics And Probiotics .....  | 19 |
| Six Practical Uses Of Prebiotics And Probiotics .....  | 20 |
| Prebiotic And Probiotic Supplements How They Work Together .....                             | 22 |
| The Amazing Health Benefits Of Prebiotics And Probiotics For A Healthier Digestive System... | 23 |

## Introduction

With all the ads hyping foods with pre and probiotics bombarding consumers these days, one has to wonder how our bodies functioned before we knew about this facet of nutritional science. From cheese to yogurt to bread, apricots and refrigerated snack bars, probiotics and prebiotics are being added to food products at unprecedented levels. What can you believe? Let's take a deeper look and examine pre and probiotics to see if we can better understand them.

1. Probiotics are live micro-organisms similar to those naturally found in people's digestive tracts. These micro-organisms can be either bacteria or yeasts.

2. Examples of foods naturally containing probiotics are yogurt, fermented and unfermented milk, miso, tempeh, some juices and soy beverages.

3. It's true that these micro-organisms are important. In fact, friendly bacteria are vital to proper development of the immune system, to protect against other microorganisms that could cause disease, and are critical in the digestion and absorption of food and nutrients. What is less certain however is how often our natural supply needs to be replenished with additional food or supplement sources.

4. The quality and quantity of probiotics in most commercially sold foods and supplements is uncertain. In one study of 18 commercial probiotic preparations, 39% had discrepancies between the stated and actual concentrations.

5. Although the adverse affects of probiotics seem to be very few for healthy people, they have caused serious infections in people with suppressed immune systems or critical illnesses.

1. Prebiotics on the other hand are non-digestible short-chain carbohydrates (fibers aka ruffage) that help the growth of desirable microflora in the colon. In other words, prebiotics feed the probiotic microorganisms in your digestive system needed to survive and flourish.

Interesting side note: Bacteria outnumber the human cells in your body by about 10 to 1.

2. Eating too many prebiotics can lead to gas, cramping, bloating, and intestinal discomfort because the heavy gas producing bacteria that also hang out in your intestines also feed on prebiotics.

3. Some foods that contain naturally occurring prebiotics are: asparagus, beans, rye bread, honey, garlic, onions, pears, apples, most berries, barley, tomatoes and bananas.

Each of these things are gaining in popularity, and people are wondering why you need them

both. The misconception is that they are essentially the same thing. If this is your perception you could not be more wrong.

The human body is a world populated by microorganisms. These bacteria live in areas like the mouth, vaginal cavity and intestinal tract. Women, if you are constantly getting yeast infections it could be because your flora is out of balance. There are good and bad bacteria and as long as the balance is kept we do not get ill but as soon as the balance of power shifts from the good to the bad bacterium, we pay the price.

When it comes to prebiotics or probiotics, the truth of the matter is that we need to be looking at the synbiotic relationship between the two. Synbiotic activity is when the two are working together to provide you with optimal digestive health.

People are aware that probiotics are a hot commodity. You can't read a magazine or turn on the television for long without an ad popping up extolling its virtues. Yes, it is important to replace the bacteria in the intestinal tract but what about surviving the digestion process and also how do probiotics survive once they're in there? Bacteria are living organisms, and as such they need nourishment.

This is what the prebiotics are for, to nourish the probiotics so that they are able to survive and thrive through the tumultuous process of moving through the digestive track. When the good bacteria are in low supply we have some really nasty little critters like e-coli just waiting to spring into action. The number of gastrointestinal maladies that are being attributed to the balance of bacteria in the intestinal tract keeps growing.

You have the power to take your health to the next level, easily. Forget about comparing prebiotics with probiotics, and think instead about using both to better your health. This combination will boost your immunity and provide you with an overall sense of well-being. You can eat foods that contain both prebiotics and probiotics, but the sad truth is we live in a society that values speed over sustenance and lives on fast foods. Burgers and fries do not provide either. Whole grains, greens, yogurt and other fermented foods provide you with enough of both- that is if you have 5-8 servings a day.





## Probiotics And Prebiotics - How They Keep Us Healthy

Prebiotics and probiotics go hand in hand to promote good health. Together, they produce good bacteria and get rid of bad bacteria in your digestive tract. Let's continue to discuss what they are, how they work and most importantly how we get them from the foods we eat.

Our digestive tracts contain millions of bacteria, there are as many as 400 different kinds. Not all bacteria are good for us and the lack of healthy bacteria can result in both short and long term chronic health problems. Antibiotics, poor nutrition, and stress are just some of the circumstances that kill healthy bacteria. Diarrhea, yeast infections, irritable bowel syndrome and other ailments can often times be the result.

Probiotic bacteria is bacteria that is friendly to people. It is found in fermented foods- the most common source being yogurt and yogurt drinks. Prebiotics, on the other hand, are not actually bacteria at all; they are the food for these friendly bacteria. Probiotic bacteria do not actually grow well in the human gut and by itself are easily eliminated, so when we eat foods that contain prebiotics we are helping the healthy bacteria to survive and flourish. Think of the analogy of a plant which will die without water. In the same way, prebiotics are essential to the life of probiotics.



Prebiotics come from fibers found in some kinds of food. These fibers don't get digested by humans and stay in the gut where they are the food that feeds and stimulates the growth of probiotic bacteria. Some of the foods that contain prebiotics include: onions, garlic, bananas, asparagus, tomatoes, honey, oatmeal, barley and other whole grains and many kinds of beans. Although prebiotics occur naturally in many foods, now that their importance has been recognized, they are being added to many foods and health drinks. You can also purchase them as nutritional supplements in health food stores.

But you really don't need to buy supplements, and actually the preferable way to get them is you can make things like a yogurt and banana smoothie. Just blend yogurt, milk, honey and a sliced banana and you have a great combination of probiotics and prebiotics. To add even more health value, add a spoonful of bran or flax.

Studies suggest that probiotics relieve chronic diarrhea and some of the symptoms of irritable bowel syndrome. Ongoing research is investigating the role of foods such as yogurt in lowering cholesterol. Prebiotics appear to assist in the absorption of calcium, the production of vitamin K (an immune system booster- critical during this Covid-19 pandemic), and may lower the risk of colon cancer. Perhaps the most interesting discovery is that breast milk contains many prebiotics which would give breast fed babies additional protection to their immune systems and promote the production of good bacteria. Prebiotics are now even being added to some brands of baby formula.

There's no doubt that both probiotics and prebiotics are important dietary requirements and you will likely start to see them listed more and more often on nutritional labels. With a minimum effort we can make sure that our diet contains the combination of both of these elements to improve and maintain good health.

Unless you've been living as a hermit somewhere in the mountains, you know something about the probiotic craze that's been happening for several years. What scientific research has discovered though, is that just eating more probiotics alone isn't doing much at all to improve your health. But since you're as interested as I am now in prebiotics and how powerful they are for your digestive health, you'll want to know about the best prebiotic foods and why without them your probiotic supplements are basically just a waste of money.

## **The Truth About Probiotic Supplements:**

Before we get into the prebiotic-rich foods, let's get the truth out about the probiotic craze of the last few years. Probiotics in their natural state are microbes that live in your gut and do not occur naturally in any foods, only those that have been fermented. They are the bacteria of the good and beneficial variety which co-exist with some bad and potentially dangerous bacteria, which you can be sure is non-probiotic. It wasn't surprising that we all wanted more of it since having more good

than bad is what's needed for optimal digestive, mental and physical health. What was learned though, was that probiotics can only grow and multiply when they are fed with prebiotics so piling on the probiotic supplements alone just didn't do much.

## Foods That Are Prebiotic

Prebiotic foods aren't injected with some manufactured additive the way yogurt was with probiotics. Foods contain them naturally and some foods more than others, each with their own different nutrient-specific balance. Prebiotics are found in foods that belong to the nutrient group called carbohydrates; fats and protein are the other two groups. Here is a group of foods that are rich in a specific prebiotic nutrient called dietary phenols. Phenols are important for their protective role against oxidative damage diseases such as coronary heart disease, stroke, and cancers. They are a natural antibiotic as well and are found in beans, lentils, peas, fruit (with skin), berries, dark berry juices, tea, red wine, dark beer, dark chocolate and coffee. If interested you can get ready-made foods with the perfect composition and combination of prebiotic and probiotics [here](#).

One of the "superstar" foods in particular is the kiwifruit. Named in various books as one of earth's most nutrient-packed foods containing several vitamins, minerals, fiber, enzymes, and phenol compounds. The kiwi, along with some other fruits that have edible skins (bananas) should only be eaten if the fruits are grown organically, otherwise you'd be consuming too many pesticides and your potential health benefits may be reversed.

### More foods that are prebiotic-rich:

- Raw onions
- Raw honey
- Artichokes
- Oats
- Barley
- Asparagus
- Eggplant
- Garlic
- Leeks
- Soy beans
- Peanuts



## **Foods to Avoid:**

Anything that has been refined like sugar, white rice, white flour, sugar-coated refined breakfast cereals, white pasta should be avoided. At least try to minimize your intake of as many of these as you can. Remember, just as good healthy prebiotic foods help promote good microbes for better health, the unhealthy, processed junk foods help the bad microbes to grow... don't let them gain control or you'll get sick!

## **Probiotic Foods - What They Are And Why You Need Them**

What are probiotic foods?

Probiotic foods are foods that host colonies of bacteria and fungi that are beneficial to our digestion and overall health. When we eat probiotics, we colonize our gut with these organisms. But not only that, some of these foods also contain the resources, a.k.a. the prebiotics, needed for probiotic survival once they reach your gut. As well, they often contain many more strains of beneficial organisms than probiotic supplements alone can.

Why do we need them?

They aid in digestion, and are involved in keeping harmful, and often inflammatory substances out of our bloodstream; substances that many believe are behind auto-immune diseases. They also produce several of the B vitamins (in fact recent studies suggest all of the B vitamins can be made in the gut by bacteria), and vitamin K (K2 specifically, which works synergistically with vitamin D3), which are essential to energy production, blood formation and function. Probiotics also suppress harmful bacteria in the gut, often responsible for diarrhea and other issues. Finally, beneficial probiotics help reduce sugar cravings and boost your cravings for healthy foods.

Which foods are probiotic?

There are many probiotic foods: organic yogurt, coconut milk yogurt, kefir, kombucha (a drink containing fermented fungus), miso (which comes in different types: soy, brown rice, barley, and garbanzo), sauerkraut, kimchi, natto (fermented soy), tempeh (fermented soy), and fermented vegetables. The beauty of these foods is what they are both a vehicle for beneficial bacteria, and are altered by the bacteria they contain, making them even healthier than they were before fermenting. These foods not only contain the bacteria we need, but they contain the prebiotic resources the bacteria need to survive the digestive process and once they reach your gut.

How should they be used?

I recommend eating a small portion of one to three probiotic foods a day. A little organic yogurt at

breakfast perhaps, followed by a few bites of kimchi with dinner.

You can also use probiotics to help you digest specific foods better. For instance, if you have a trouble digesting broccoli, then eat sauerkraut or kimchi (made of cabbage, from the same family as broccoli) for a month, and see if your digestion improves. If you have trouble with beans, then try eating miso (soy and/or garbanzo) every day for about a month.

The MOST important point:

Whatever you eat is feeding the bacteria already in your gut. Your food choices are cultivating colonies of bacteria that prefer those foods, and starving colonies that need other foods. And, research has shown that your gut bacteria can make you crave the foods they need. In a nutshell: eating donuts feeds the bacteria in your gut that want donuts (or rather the sugars found in donuts), leading to you craving more of them. On the flip side, eating whole plant foods leads to craving whole plant foods, because your environment favors the bacteria that thrive on plants.

## **Weight Loss Is Only One Reason To Take Prebiotic Supplements**

Prebiotic supplements are often not designed to be a weight loss supplement. However, the more research that is done, the more we learn about how healthy weight loss is easier when the digestive system is balanced.

When I say balanced I mean your digestive system is in a healthy state where the beneficial bacteria in your digestive track are healthy and thriving. This is important because research has shown that a healthy or balanced digestive track has a big impact on your health as well as any attempt to lose weight. Research shows that most of the world does not have a balanced digestive system because we are just now learning what kind of diet is needed to achieve such a balance.

Interesting side note: There are many amazing companies that are working to map the gut microbiome right now and determine which probiotic strains affect what human functions. If you'd like to know more about these we're happy to share some of our insights, just email [info@insideoutgoodness.com](mailto:info@insideoutgoodness.com) and we'll be happy to share our insights here with you anytime.

Probiotics, which are the helpful bacteria that live in your digestive system, do a lot to keep the toxic and harmful bacteria in check. When they are not in check then illness or painful symptoms manifest.

An imbalanced digestive track, can lead to any of the following symptoms:

- Lack of energy
- Skin breakouts (blackheads, whiteheads, blemishes)
- Bloating feeling
- Smelly gas



# The power of probiotics & prebiotics

- Constipation and/or diarrhea
- Unpredictable bowels
- Body odor
- Abdominal cramping
- Heartburn
- Indigestion
- Irritable bowel syndrome
- Unexplained weight gain

With any weight loss it becomes critical to optimize ways to get the nutrients your body needs from the foods and supplements that you eat. Having a balanced digestive system can also improve nutrient absorption. Need the best combination of food supplements to help achieve your weight loss goal, we at [insideoutgoodness.com](http://insideoutgoodness.com) have compiled some of the highest quality and most powerful products and blends on the market. Please visit us to get them at the best rates and in the best combinations, and our pre and probiotic protein bars also provide much needed protein while being delicious and filling all at the same time.



With your improvement in nutrient absorption other supplements and medications can also work better, not to mention improvement in the processing and absorption of the nutrients directly from the food you eat. Prebiotics are non-digestible food nutrients. They stimulate the growth of good bacteria (probiotics) by being the food these bacteria need to grow and flourish thereby restoring the balance of the digestive system. With this balance comes the previously mentioned health benefits- that beside improving the way you feel, also assist with any attempt at weight loss and/or weight homeostasis which is the real goal and is defined as the weight your body wants to be to perform optimally.

In addition, most foods that contain prebiotics, and prebiotic supplements, also contain fiber. Fiber increases the feeling of fullness and decreases appetite which over time can help you lose weight. Fiber also improves nutrient absorption by helping to clean out your digestive system.

In conclusion, prebiotics help to improve health by helping your body balance the digestive system. This corrects a lot of painful and uncomfortable conditions as well as improving weight loss/weight homeostasis or providing what your body needs to assist with weight loss while maintaining good health.

## Prebiotic And Probiotic Supplements - What Makes Them Different?

There is a lot of confusion between prebiotic and probiotic supplements, primarily because these products have both been frequently acclaimed for their health benefits, especially for the human digestive system.

Prebiotic and probiotics supplements may have names that sound alike but these two types of supplements are actually very different. Again, prebiotics are naturally occurring nutrients found in plants and many common foods, especially fruits and vegetables, while probiotics are living microorganisms that are found in fermented foods like yogurt and beverages.

### **Probiotics:**

For several years, it has been a generally accepted truth that the regular use of probiotic supplements can all but guarantee a healthy and balanced digestive system. By eating foods rich in good bacteria, you can increase the population of beneficial microorganisms in your intestine, thus improving the digestive process and increasing your body's absorption of nutrients.

Probiotics are also said to boost the immune system, prevent cancers in the gastrointestinal tract, lower blood pressure, protect against infections, and put an end to lactose intolerance. Most of these claims, however, are largely unsubstantiated and have actually been questioned by several health groups.

### **Prebiotics:**

Despite the fact that the study of prebiotics is a relatively new science, there have been significant leaps and bounds in this field, producing heaps of valid data on these newly discovered substances. The main function of prebiotics is to stimulate the growth of good bacteria within the digestive tract.

In other words, these dietary fibers help with the propagation of microflora that is already present in the body in the first place, whereas probiotics bring in new bacteria from outside sources. As you can see, both prebiotic and probiotic supplements aim to increase the amount of good bacteria in the digestive tract. Therefore, the benefits of prebiotics are basically the same as the benefits of probiotics. However, the former has just a little bit of an edge over the latter.

Prebiotic and Probiotic supplements are different from one another. While both of these ingredients are vital to the health of the human digestive system and improved health, there are certain points of significant differences that make them completely individual. Probiotics are commonly heard, because they have been in use for nutritive purposes. There are many health care products and

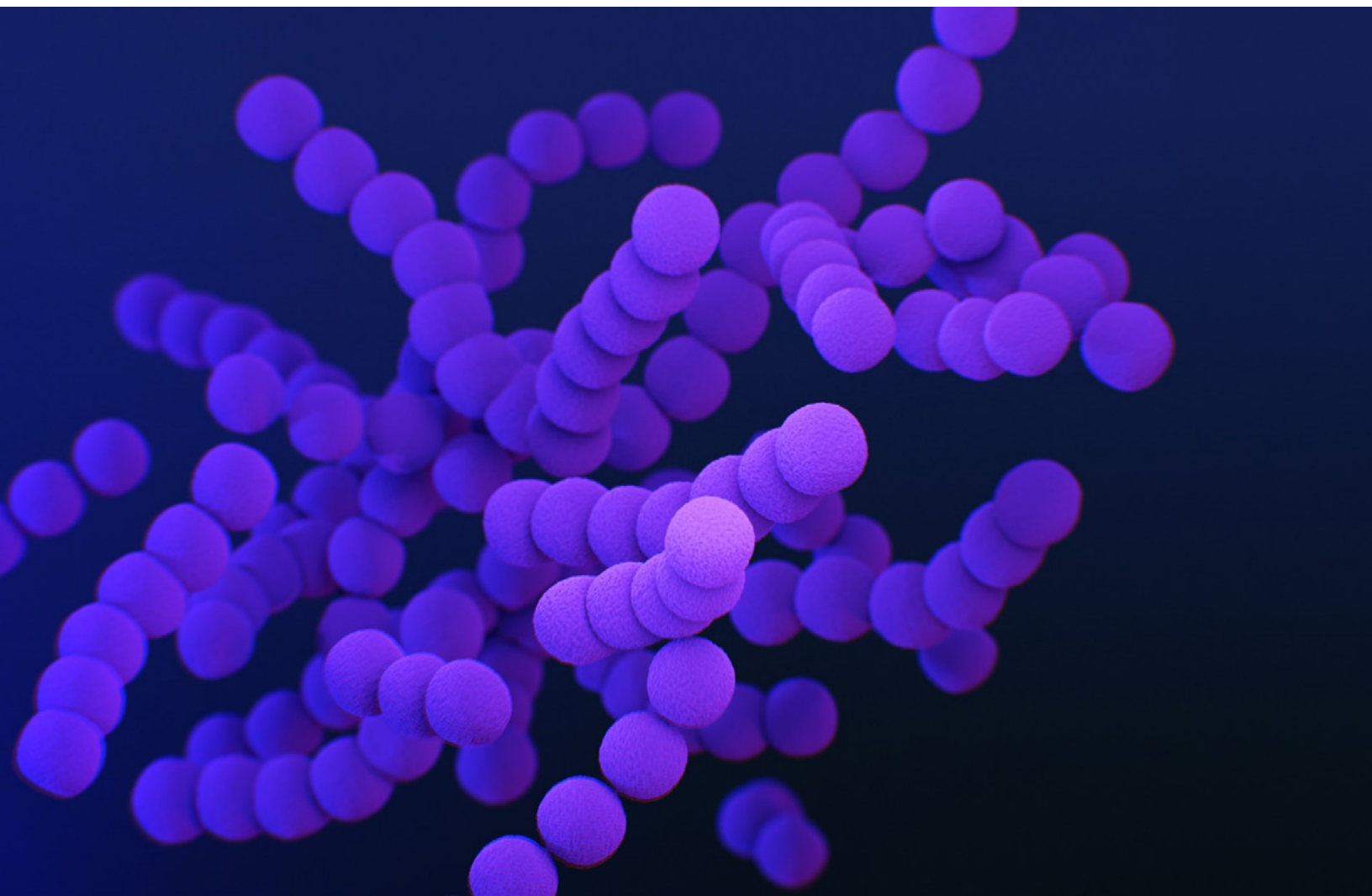
# The power of probiotics & prebiotics

even health drinks for children that have been banking on the use and benefits of probiotics at large. Probiotics, most important of all, are not natural sources of food. They are derived from a process of fermentation. Therefore, they are man-made healthy bacteria, most commonly found in yogurt.

The popularity of probiotics can be attributed to the fact that they are called good or beneficial bacteria. They have positive effects on our digestive tract that makes it important for the process of digestion.

Certainly, probiotics are healthy bacteria, which when consumed, can aid the digestive system. However, you do not have to take these bacteria to ensure good bacterial flora in your system. Probiotic supplements would just be an addition to all those good bacteria that are naturally present in your system. However, if you've ever taken a dose of antibiotics this process alone can completely wipe out your entire microbiome. This means yes, the bad bacteria but also along with the good bacteria, so the need to replenish your good internal bacteria should happen after or even many times during an antibiotic dosage period.

Prebiotics on the other hand, are not so well-known till date. Unlike probiotics, the prebiotics are naturally found in foods. Not only are these good for health, but you can also find them abundantly in natural sources of foods and fruits.



## Importance of Prebiotic and Probiotic Supplements and How they help each other - The Synbiotic effect:

Both Prebiotic and Probiotic Supplements are equally important. However, it is often believed that prebiotics are more important than probiotics as they allow good bacteria to grow. Without the presence of prebiotics in the body, whether present naturally or supplemented through probiotics, it would be difficult to overcome the presence of bad bacteria present in the digestive tract. This could result in innumerable digestive issues and health problems.

Prebiotics help in nourishing the good bacteria by feeding them. Without their presence in the stomach and intestine, the good bacteria will not be able to function properly, even if added through good sources of probiotics. However, both Prebiotic and Probiotic Supplements should be given to the body to ensure that the flora is maintained. It is very important to strike a fine balance of both the sources of good bacteria, and ensure proper nourishment. Apart from prebiotics, the supplements should contain soluble fiber, healthy enzymes, and a lot of phenolic to give you optimum benefits.

Health benefits of these supplements that makes the Synbiotic process vital:

- They help in boosting the immune system
- They provide proper defense against allergies and other bowel related disorders
- They ensure absorption of healthy calcium and all essential nutrients by the body
- They help in lowering the level of cholesterol
- They can prevent vaginal and bladder related infections
- They also help in preventing yeast infections

### A Word of Caution:

Both Prebiotic and Probiotic Supplements are known to have potential health benefits. However, it is very important that you have the supplements in moderation.

## Health Benefits Of Prebiotics And Probiotics

There have been a lot of reports from studies recently- some fully substantiated and some not, that make some pretty big claims regarding health benefits of prebiotics and probiotics. Some big food producing companies, Nestle for example has said some time ago that they are entering the



medical/functional foods industry with a focus on prebiotic supplements.

Where there's smoke there's fire!

Considering the past boom in the probiotics supplements market, it's no surprise. Regardless of how many claims are proven (or yet to be), we can be sure there will be a big increase for prebiotics supplements over the next couple of years. Let's look at some of the good news regarding those facts and claims.

## **First, a little clarification:**

Probiotics - friendly bacteria living in our intestinal tract, can also refer to probiotic supplements or probiotics derived from fermented foods such as yogurt.

Prebiotics - nutrients found in natural foods we eat, which support and feed the probiotic bacteria. It's not a prebiotics versus probiotics contest as some companies may lead you to believe in order to sell their product, these work as a team to keep our digestive system working properly.

We need probiotics to achieve good health but they are not self-supporting and need the nutrients supplied by prebiotics to make them grow. Prebiotics may prove to help balance blood sugar, lower cholesterol, help control weight, speed up waste transit time, help ease inflammatory bowel disease, increase immune system, collect dangerous toxins, lower uric acid which helps with gout and arthritis, and potentially reducing colon cancer risks. Researchers are learning how prebiotics may have the ability to stop unfriendly bacteria called pathogens from sticking to the intestinal wall. When certain prebiotic nutrients end up in the large intestine (colon), they begin a fermentation process which produces molecules called short-chain fatty acids.

These acids then destroy pathogens before they can form tissue cells on the wall. This is important because it's these cells that can potentially grow into polyps which can become cancerous. Big news indeed!

Experts tell us that colon cancer is preventable and really all it takes is to make sure we provide our system with the nutrients it needs to keep away the dangerous pathogens.

It sounds so simple but think about the North American diet for a second. Most people eat junk with high amounts of unhealthy saturated fats and sugars, with almost no real quality food nutrients that our digestive system needs to do its job in keeping the whole body working properly.

Medical experts say that colon cancer can be prevented by diet alone. Prebiotic nutrients are a big part of that healthy diet - the dietary fibers, the potent enzymes, the antioxidants in the phenols. Instead most of us fill up with super refined junk food with lots of unhealthy fats and loads of sugar, a diet that lacks important nutrients our system needs to keep us disease-free.

Increase your prebiotic consumption and see what the health benefits of prebiotics and probiotics will do for your digestive disorders.

## The Untold Secrets Of Prebiotics And Probiotics

I do not know anything about you but chances are that you are having troubles with your intestinal tract, along with millions of other people worldwide. Here, I am going to tell you about prebiotics and probiotics and how they actually complement each other in order to help you get over any digestive problems you might be experiencing.

Let me recap both of these once again. Probiotics are contained in digestible food sources and are absorbed into the body. Prebiotics on the other hand are not digestible and in fact help in promoting the growth of probiotics. Again, you can find prebiotics in a number of food groups. Fruits and vegetables are rich in carbohydrates which in turn are good sources of Prebiotics.

### Sources:

There are a few food groups being considered as better sources of prebiotics as well as probiotics and one of those are the non-digestible carbohydrates, which are needed by the body. However, if you are thinking about the foods full of the healthy carbohydrates, then simply add lots of fruits and vegetables in your diet. You may even consider other sources like legumes and whole grains to get your prebiotics and probiotics.

Moreover, the probiotics are found in diverse sources of food. If you are one of those people who are thinking about the best probiotic foods that you could consider, then the foods that you need to take in for your diet are the fermented ones, just like yogurt and sauerkraut. On the other hand, it still depends upon the sources of the bacteria. The common strains of the probiotics include the Lactobacillus and Bifidobacterium bacteria.



These supplements can also be purchased at some of the health food stores or obviously at [Inside Out Goodness](#) as well. Usually, you could have them in the form of capsule, but now you can also get them in a protein bar form with saliva-activated probiotics included.

## Benefits:

Both prebiotic and probiotic supplements are essential, as they help in keeping your digestive system healthy. Their presence could surely prevent yeast growth within your intestinal tract protecting you from harmful diseases, and vitamin K production within your body is extremely dependent on these live cultures. Apart from making your intestines healthy, these bacteria could also help in keeping your immune system strong and healthy.

In conclusion, when your body is balanced with prebiotics and probiotics, you can more effectively fight off viruses, toxins and other harmful bacteria trying to infiltrate your body. If an illness actually does set in, these good bacteria can also lessen its impact on the infected individual. So, if you would like to be healthy and strong, Inside and Out, getting these friendly bacteria is truly beneficial.

## Six Practical Uses Of Prebiotics And Probiotics

Since probiotics are live microorganisms that are highly beneficial to health as discussed earlier, and prebiotics are edible non-digestible substances that promote the growth of intestinal bacteria as we now know, it is not arguable that they are both known for their therapeutic properties and health benefits and are consumed by a large number of people.

### Here are Some Practical Uses of Prebiotics and Probiotics:

#### 1. Antibiotic-Associated Diarrhea (AAD)

AAD is caused when antibiotics disrupt the microbial balance in the intestine. It typically occurs after a long course of antibiotics. Studies show that both pro and prebiotics can be effective in treating and preventing AAD. They should be started at the time antibiotic drugs are prescribed and should be continued for at least a month.

#### 2. Inflammatory Bowel Disease (IBD)

Pro and prebiotics can be used for maintenance of remission of inflammatory bowel diseases like Crohn's disease and ulcerative colitis. Multispecies probiotic formulations and inulin prebiotics are generally considered effective at maintaining remission.

#### 3. Irritable Bowel Syndrome (IBS)

IBS is a functional gastrointestinal disorder characterized by diarrhea, constipation, flatulence,



chronic abdominal pain, and bloating. Prebiotics and probiotics can be used to reduce the severity of the symptoms. If a person responds positively to the treatment, pre and probiotic intake should be continued for a long time.

## 4. Allergic Diseases

Development of autoimmune diseases, hypersensitivities, and allergies are often linked to disruptions in the intestinal microbial balance. So, prebiotics and probiotics can be quite effective in treating these diseases. They modulate hypersensitivity and inflammatory responses and reduce the symptoms of the diseases significantly. They can be used to treat allergic rhinitis, eczema, atopic dermatitis, and allergic urticaria.

## 5. Genitourinary Disorders

Pre and probiotic foods and supplements can be used to treat bacterial vaginosis, yeast vaginitis, and urinary tract infections in women. Lactate and peroxide producing probiotics, along with prebiotics, are particularly helpful to treat these disorders. Regular consumption of pre and probiotic foods and supplements is necessary to prevent recurring infections.

## 6. Infections

Prebiotics and probiotics improve immune function and help the body react quickly to infections. They increase the number of immunoglobulin producing plasma cells and T cells and improve your body's ability to prevent and fight infections. A regular dose of pro and prebiotics can lower the risk of bacterial and viral infections in children as well as adults to a certain extent.

## The Effectiveness of Pro and Prebiotics - A Comparison:

There is a noticeable difference between prebiotics and probiotics in terms of efficacy. While the health benefits of prebiotics are well documented with the help of clinical studies, the benefits of probiotics still remain unsubstantiated. Medical science has recently officially deemed the gut microbiome an organ so now standard medical science (and the money it takes to conduct the appropriate research) is digging into these claims and we're all excited to see their results!





## Prebiotic And Probiotic Supplements How They Work Together

Prebiotic and probiotic supplements have taken center stage lately. It is a part of the nutritional equation that was not really talked about in the past, but after reading this ebook you can see how these two components of the diet are more important than you may have realized. Though the names are similar, that is as far as the similarities go. They each serve an entirely different function within the human digestive system. Although adding both to your diet will increase the effects of each one, a prebiotic is a non-soluble fiber that passes through the stomach into the digestive tract. It is what the bacteria inside the tract lives on.



### Good And Bad Bacteria:

There is only one thing smaller than a bacterium and that is a virus, and our bodies are full of bacteria. Thousands live in, on and around us. Don't reach for the hand sanitizer just yet, all bacteria is not bad for us, as a matter of fact, we cannot live without our bacteria. Bacteria can only be seen with a magnifying glass and these single cell organisms come in a variety of shapes and species. We hear a lot about E. coli but it is also one of the species that we live with daily. It is only harmful when it grows unchecked.

That is the way it works. Each bacterium checks another one and they create a delicate balancing act inside our systems. We need these bacteria to ensure that our digestive systems work properly. Taking antibiotics can sometimes disrupt this balance, same way as not eating a proper diet.

### Prebiotics and the other Probiotics:

Probiotic supplements are designed to replace lost bacteria. Prebiotics are designed to keep the bacteria healthy. They have to eat don't they? A well fed bacterium means a healthier digestive tract for you. A few medical professionals have started to prescribe probiotics to patients who are on antibiotics. They are recognizing that this imbalance can have serious consequences for their patients.

### Synthetic vs Natural:

There are two types of prebiotic and probiotic supplements on the market. They are, synthetic

and natural. Although both work well, most people today would really rather have their systems brought online naturally. Probiotics became the buzz word a few years back and since that time food companies and pharmaceutical companies have all been making claims that, although some are true, can be grossly overstated. In order for probiotics to work the bacteria must be fed. And this is why prebiotics are so important. Only together can they do the job properly.

There is a company that sells only the highest quality prebiotic and probiotic supplements and foods to help you create this synbiotic process and achieve your peak performance and health. In this information age you can still get the benefits of the best supplements with the click of a mouse. [Click here](#) or go to [insideoutgoodness.com](http://insideoutgoodness.com) to learn about our founders journey, and how you can get started on your way to better digestive health today!

## The Amazing Health Benefits Of Prebiotics And Probiotics For A Healthier Digestive System

A lot of research has been done on the health benefits of prebiotics and probiotics, especially for the digestive system, and most of the research has yielded positive results. But as mentioned previously, given the recognition of the microbiome now officially being considered and organ much more research will now be done. In other words, there is now substantial evidence that will continue to be corroborated that the regular use of both prebiotics and probiotics can trigger significant improvements in digestive health and general well-being of a person. It's a very exciting time!

To summarize, among the health benefits of prebiotics and probiotics is the facilitation of more efficient food digestion and better nutrient absorption. This can be achieved when there is a healthy balance of good and bad bacteria in the intestines. The infestation of bad bacteria cannot be completely avoided but they can be kept at bay by the presence of good bacteria. Thus, the more good bacteria you have, the more protected you will be against infections and other digestive problems triggered by bad bacteria.

Both of these digestive supplements aim to increase the amount of good bacteria in the intestines, although they do it in different ways. Probiotics are food products that contain high amount of good bacteria, which you can then consume along with the food. Eventually, and as long as they survive the journey, these bacteria will make their way to your intestine, where they can do their job.

On the other hand, prebiotics are natural nutrients that can also be taken in the form of a capsule supplement, which can feed the good bacteria that are already in your body and promote their proliferation.

Although the benefits of prebiotics and probiotics center largely on the digestive system, they can also cause positive changes in other aspects of human physical and mental health. Some

of the other benefits that you can enjoy include the enhancement of the immune system, less susceptibility to many ailments, lower cholesterol levels, and improved physical strength.

## Maximizing the Benefits:

One way of making sure you get the most benefits of prebiotics and probiotics is to take both kinds of supplements every single day. These supplements actually work hand in hand very well - probiotic supplements will increase the amount of good bacteria in the body and the prebiotic will keep these bacteria nourished.

But in order to really maximize the benefits, you have to choose your sources very well. Remember that probiotics can be obtained from foods such as yogurt, cultured milk-based beverages and other similar foods. Incorporating these foods into your daily diet would definitely be a great way to start.

Prebiotic supplements however can even be better than the actual food source. The main reason for this is that the supplements contain a much more concentrated amount of prebiotics and so are much easier and more convenient to take.

As discussed earlier in this book, kiwi-based prebiotic supplements, are among the best prebiotic supplements in the market today. Eating kiwi fruit can also give you a lot of prebiotics but in order to receive the same amount that you can get from a single capsule, you will have to eat at least three kiwis every day, including the skin, which is not something you would probably want to do.

Because of such reasons, it is really better to use prebiotic supplements. If you choose your product carefully, you can definitely enjoy the benefits of prebiotics and probiotics on your health. We took our time to research and formulate, the best ingredients in a probiotic supplement as well as pre and probiotics in a protein bar form with the perfect concentration of these supplements.

If you're ready to take control of your health, easily, we invite you to visit our website [insideoutgoodness.com](https://insideoutgoodness.com) to tap into this great opportunity, and keep yourself and your family in better health all year long. Getting these amazing supplements will help you maintain a sound and healthy life, and we can't wait to see what your body does when your gut is in its peak performance state!!





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