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**PROBIOTIC STRAINS  
EVERY WOMAN  
SHOULD KNOW:  
BOOST YOUR GUT  
HEALTH AND  
IMMUNITY**

Probiotics are well-known for their role in promoting immunity. They are also popular for keeping harmful bacteria at bay. In recent years, more research has been conducted on specific probiotic strains. In particular, studies have looked at their benefits for women's health.

The best probiotic blend supplement will depend on your own health concerns. Be sure to consult your doctor on the formulated probiotics supplement for you. In addition to dietary supplements, there are other ways to care for your gut. Eating a balanced diet full of fiber and fermented foods is essential. Also, exercise regularly, reduce stress, and avoid smoking.

## ACTIVITY SHEET

# The Health Quest 365 Activity on Probiotics For Women

Prior to reading the article, have you heard about probiotics and their health benefits? What did you know about them?

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The probiotic strain you need will largely depend on your individual needs and health concerns. In the space below, describe your vaginal health. For example, you can indicate any issues you've had, observations, or just general concerns.

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Now, let's go to your digestive health and immunity. What are your current concerns regarding these aspects of your health? Have you experienced any issues lately?

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How do your answers to the previous questions affect your daily life?

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Based on your answers, which probiotic strains could possibly help you? How so? How do you think can they help improve the overall quality of your life?

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