



## Gut Insight: probiotics and prebiotics for digestive health and well-being

*Jo Ann Tatum Hattner, Susan Anderes*

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Gut Insight will teach you about probiotics (friendly bacteria) and prebiotics (fibers that feed those bacteria) and how they can positively influence your health. Positive effects include: enhanced immunity, reduction of pathogenic bacteria, increased mineral absorption, prevention of allergy, freedom from constipation, lactose intolerance, antibiotic-associated diarrhea, and irritable bowel. Learn what probiotics and prebiotics are, why they are necessary for gut health and immunity, which foods contain them, and how to integrate them into meals and snacks. You will find resources for shopping using natural foods and specialty probiotic foods. Our guide to prebiotic food sources, familiar and exotic, serves as a resource for using these plant foods. Web links help you to quickly find information on these foods.

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