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studies have shown they can help optimize gut health balance your digestive system support your immune system and even promote brain function and mental well being at their core probiotics are intended to support the body s microbiome and promote gut health but their potential benefits extend beyond that

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this hands on essential guide features 20 probiotic recipes and gives you a step by step plan for infusing probiotics into your diet to improve the health of the gi tract alleviate allergies and asthma restore reproductive and urinary tracts bolster the immune system against disease enhance weight loss and more

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probiotics for dummies reveals how taking the right probiotics in the form of food and supplements as part of a total health program benefits one s overall health as well as improving specific conditions

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1 called probiotics these microorganisms play a role in helping you digest food fend off diseases and even create vitamins 2 they re closely related to a term you might be familiar

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