

Healthy4life.ca Newsletter - July 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

**Probiotics and Prebiotics
The key to gut health.**

The Symbiotic Relationship of Probiotics and Prebiotics

If you want to improve your gut health or maintain the good gut health you already have, there are two things you must do.

Consume probiotic foods and prebiotics foods and they are best consumed together, creating what is now being called “symbiotic” foods. This is easier than it may sound and can actually be fun.

Insert a personal story such as to why you like this topic or information. The blog post is fine as is but you will connect more to your readers if you add something personal.

Probiotic foods contain beneficial organisms that help our gut perform its duties and have amazing health benefits for us. Prebiotics are types of fibre like inulin, resistant starch, GOS and FOS that help feed our good bacteria.

We have two types of bacteria strains in our gut: residential and transient. Residential bacteria strains are the bacteria that live in our gut naturally and we must have them re-populate to stay healthy. Transient strains of bacteria pass through us (usually within 3 days) but while they are there, they help the gut do its work and keep us healthy.

Probiotic foods contain transient bacteria. We need prebiotics to help us feed and increase our residential bacteria.

Getting some prebiotic and probiotic foods on a regular basis is the key and that is quite easy to do. Some examples of probiotic foods are sauerkraut, kimchi, kombucha, yogurt, kefir, miso, natto, pure apple cider vinegar (with mother), true balsamic vinegar, wine, unpasteurized beer, crème fraiche. In order to deliver beneficial organisms from fermented foods to the gut as well as the enzymes these foods also contain, do not heated past a temperature of 118 degrees F (48 degrees C).

Prebiotic foods are Jerusalem Artichokes, chicory, garlic, onions, beans, lentil, citrus fruits, pears, apples, bananas, berries, almonds broccoli which contain soluble fibres like inulin and FOS. Resistant starch found in legumes, potatoes, wheat, corn, rye, barley, rice, spelt, kamut, and other grains and GOS is found in dairy products. The list of foods that are prebiotic is going to expand as research continues to discover more foods containing elements that are probiotic. It could turn out that all whole foods have some prebiotic benefit but we do not know that yet.

Prebiotics are not just food for good bacteria. They also enhance the absorption of calcium and magnesium and are involved in appetite regulation as well as lipid metabolism. As research continues, it is even more fascinating how these simple substances in food, and together with our good bacteria, are involved in a complex relationship to help us be healthy.

Consuming prebiotics with probiotics can be as simple as mixing banana slices into your yogurt or serving sauerkraut with a meal that contains garlic and onions. Maybe this is why we traditionally constructed meals as we did.

References:

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5. Alison Lacombe, Robert W. Li, Dorothy Klimis-Zacas, Aleksandra S. Kristo, Shravani Tadepalli, Emily Krauss, Ryan Young, Vivian C. H. Wu mail Published: June 28, 2013 DOI: 10.1371/journal.pone.006749
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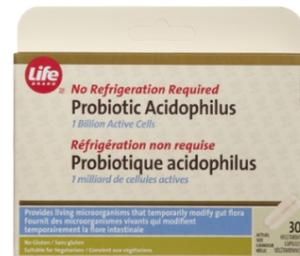
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Above from left to right are several products I use, rotating between the trade names after each bottle to populate the gut with a wide range of species and strains, CanPrev Pro-Biotik 15B, AOR Advanced Biotics, Renew Life Ultimate Flora Critical Care 50 Billion and Jamieson Probiotic 30 Billion capsules. Click on each picture to go to that manufacturer's web site.

Travel Probiotics

The Life Brand Probiotic package pictured here is convenient for travel. It is shelf stable, does not require refrigeration which is very convenient when you may not have access to a fridge. The trade off is a smaller variety of strains/species and a lower total count of beneficial bacteria. For me it and the shelf stable CanPrev 15B allow me to travel and avoid problems due to changes in available foods and water quality. Click on the package to go to the manufacturer's web site.





Zucchini

Fresh zucchini contains thiamine, niacin, pantothenic acid, fiber, protein, vitamin A, vitamin C, vitamin B6, folate, iron, magnesium, phosphorus, potassium, zinc, copper and manganese.

Packed with nutrition, low carbohydrate, high water content, super easy to grow. Go wild, grow wild! You will have enough off 1 plant to feed more than your family. Keep them picked when small, pretty much daily.

Try like them raw in salads, stir fried, added to soups and stews, fermented, shredded into baked goods as well as baked with a quinoa or millet and vegetable stuffing.

Recipe of the Month - Blueberry Smoothie

1 cup or 250 ml each of almond milk
1/2 cup or 125 ml blueberries
1 tsp or 5 ml chia seeds
1 serving.

The blueberries contain fiber, vitamin C and manganese and magnesium. Almond milk contains calcium, magnesium, manganese and vitamin E. The chia seeds contain calcium, fiber, phosphorus and manganese. Chia seed is very high in omega 3 and omega 6 essential fatty acids.



Cultures for Health is a quality producer of kefir grains, fermentation starters and related products. (<http://www.culturesforhealth.com>)

Home lacto-fermentation, milk kefir, water kefir, yogurt, vegetables, kombucha, cheese, sauerkraut and many more can be done in glass jars on the kitchen counter. You can buy specialized equipment but it is not essential. I do like the perforated, reusable holders for kefir grains.





Naturally fermented foods are full of probiotics, prebiotics and enzymes.

Cultures for Health free recipes

**Be healthy 4 life,
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