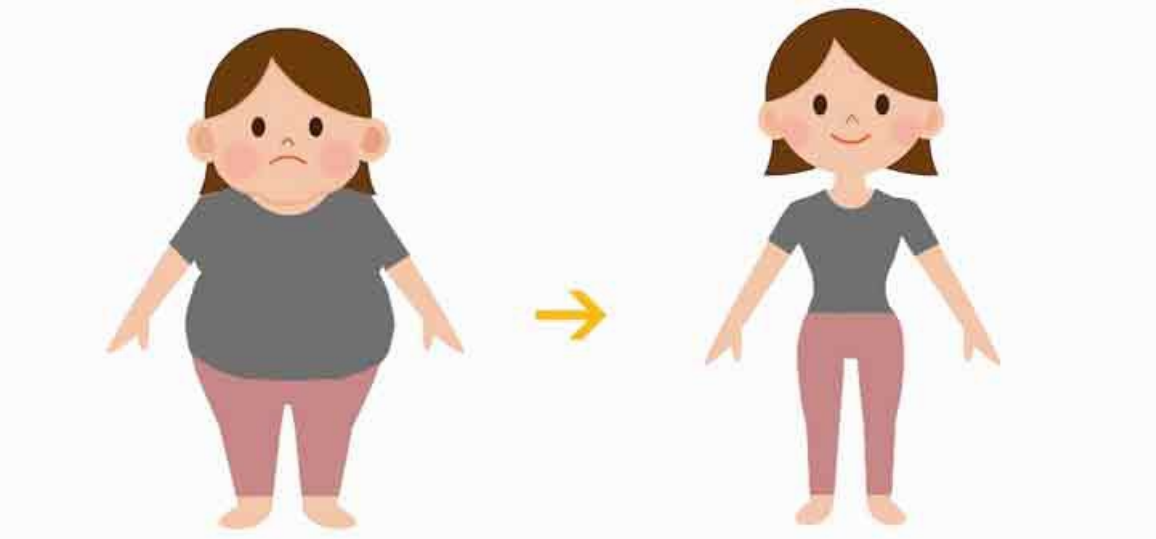
How Probiotics and Prebiotics Help You Lose Weight Naturally



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Probiotics are beneficial bacteria that live on your **gut** and cause better gastrointestinal function and improve digestion and absorption of food. Antibiotics will kill not just the bad bugs but the good ones as well. many doctors recommend taking a probiotic supplement (or yogurt) during or after taking antibiotics to bring the good guys back to the proper balance. While the probiotics are essential for proper gut health, they need to eat, too! That's where probiotics come in. They are more commonly known as **non-digestible fiber**, and foods such as bananas, garlic, jicama, and onions contain small amounts. The weight loss benefits of probiotics are more about your mental health as well as physical. If you .are calm and happy, it's easier to keep yourself on track with your diet

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