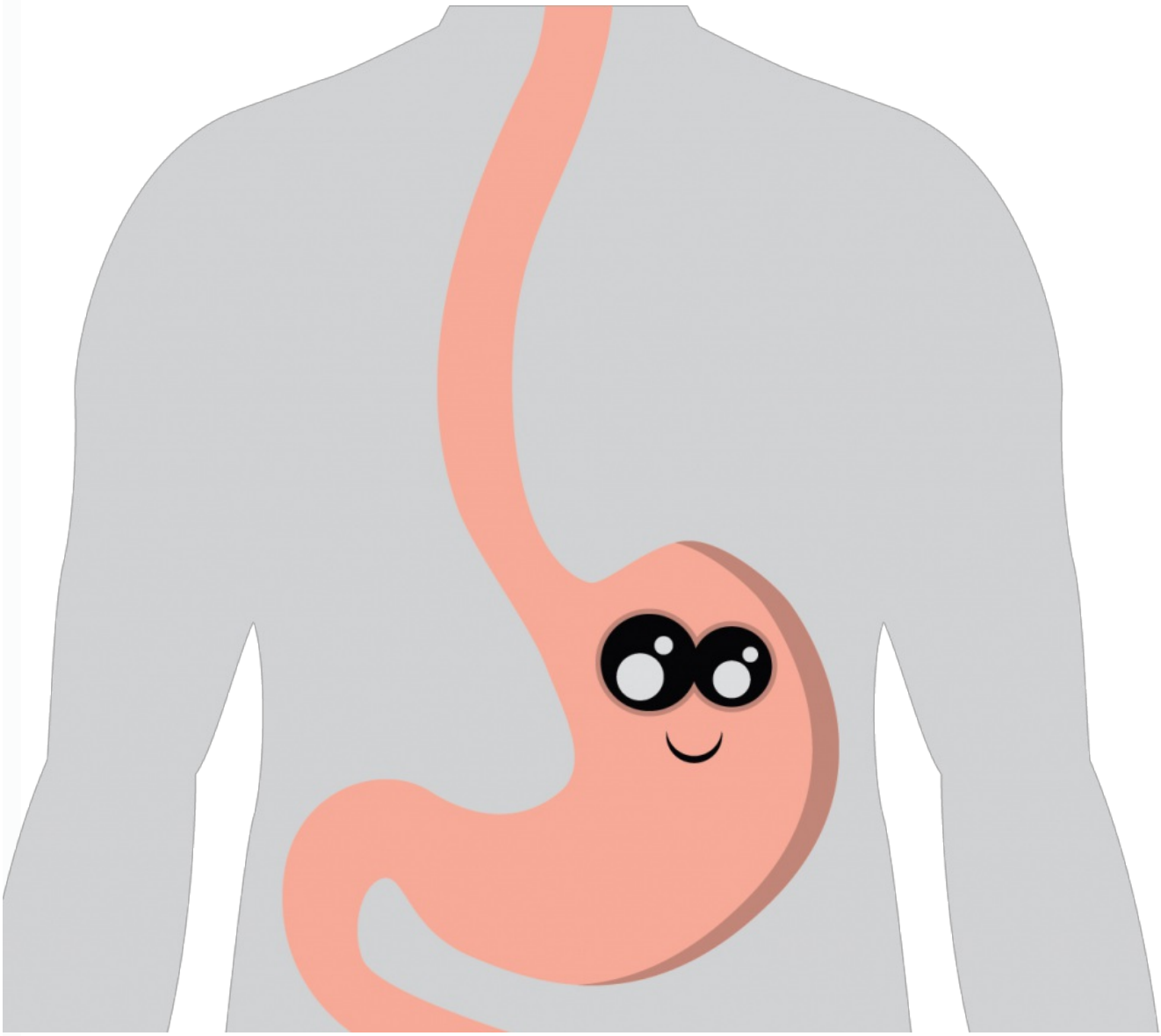
Here’s How to Maximize the Benefits of Probiotics to Improve Your Health



Here’s how to maximize the benefits of Probiotics to improve your health. What you put on your plate can do a lot to improve your gut microbiome. Research suggests .that regularly consuming probiotics may strengthen the gut’s lining

It is good bacteria that occur naturally in fermented foods and it lowers inflammation throughout the body. It results less damage to your GI tract and fewer stomach .problems during exercise. Those microscopic bugs in gut have also been linked to improvements in immunity, lung function, and calcium absorption

It’s great to be able to add something to your diet that may actually benefit your gut, and your overall health and performance.” Probiotics occur naturally in fermented“ .dairy products and beverages, such as kimchi, sauerkraut, miso, kombucha, and even sourdough bread

If you are going for a supplement then pay attention to dosage. Scientists believe Elite athletes train hard, but their gut bacteria may also give them an edge. Right now .they’re trying to reproduce the properties of the pros’ microbiomes so the rest of us may benefit

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