

# Healthy Handout

Volume 1  
Issue 11

## Probiotics

### How Bacteria Can Improve Your Health

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Probiotics



QHD Recipe



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Coupon!

Over the past year, probiotics have frequently appeared in our newsletter. These beneficial bacteria can improve digestive health and promote a healthy immune system. Besides knowing the benefits of probiotics, it is also important to understand how make them work most effectively for you.

Probiotics are beneficial bacteria found throughout your body, but most are concentrated in the digestive system. One of their functions is to eliminate pathogenic (bad) bacteria. They also help digest food and remove waste from the body. Because of their role in the digestive system, probiotics have been shown to alleviate diarrhea, constipation and even diseases like irritable bowel syndrome.

While most probiotics are located within the digestive system, they also promote activity in the mucosal tissues of the mouth, respiratory system and urinary tract. Mucosal tissues are major centers of activity for the immune system. As a result, probiotics can improve your body's response to harmful organisms throughout your body.

A study that appeared in a recent issue of *Pediatrics* saw an 84.2% reduction of antibiotic use and a 58-72% reduction in cold and flu symptoms in children 3-5 years while they were taking probiotics. Visit the "Health Research" page of our



This is what your stomach looks like when it has enough probiotics. Besides the chair, of course.

website for more details.

Since they support the digestive and immune system, it is important to maintain high numbers of probiotics in your body. A number of factors can contribute to low numbers of probiotics, including health issues, poor diet and antibiotic use. When you take an antibiotic, it affects both harmful and beneficial bacteria.

Whether you're looking to build your good bacteria after taking in antibiotic or just to improve your health, there are a number of options at your disposal. Probiotics are available as supplements or in foods such as yogurt and kefir.

When choosing a probiotics supple-

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#### Store Information

Healthy Habits Natural Market  
1120 Centre Turnpike  
Orwigsburg, PA 17961  
Phone: 570-366-2620

www.healthyhabitsnaturalmarket.com

#### Hours

Mon-Fri ..... 9 a.m.-7 p.m.  
Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

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ment, there are three main factors to consider: the potency, the number of strains and the dosage. Potency is the number of beneficial bacteria available in each dose and can range up to hundreds of billions. You cannot overdose on probiotics, though some may experience some minor diarrhea when they first start taking the supplements.

Different strains of probiotics are thought to have different benefits, so it helps to have a supplement with multiple strains of bacteria in it as well. Dosage is important because it determines how long the bottle will last, and that could make a difference when you're considering long term cost.

Prebiotics, such as fiber, feed probiotics and help increase their numbers. Good sources of prebiotics include supplements like inulin and apple pectin and are naturally found in high fiber foods like fruits, vegetables and whole grains. When probi-

otics digest prebiotics, they produce short-chain fatty acids, which regulate cholesterol production and aid in the absorption of nutrients from the food we eat.

To make sense of all of this, it might help to think of your body as a field. A field full of grass (probiotics) is healthy, but taking an antibiotic can wipe out all that grass. If you let the field go, weeds (bad bacteria) will most likely grow. However, if you plant grass seed (probiotic supplements or food) and add fertilizer (prebiotics), then the field will be healthy again.

Probiotics are a great addition to multi-vitamins and omega 3 fatty acids to provide your body with the basics it needs to function properly. They are especially recommended for people with recurring infections, digestive disorders or who take antibiotics frequently. Talk to your doctor or health care practitioner to see what works for you.



## Quick ~ Healthy ~ Delicious



### Yogurt Apricot Biscotti Parfait

- |                          |                          |
|--------------------------|--------------------------|
| • 1 C dried apricots     | • 1 C boiling water      |
| • 2/3 C orange juice     | • 1 C plain Greek yogurt |
| • 1/2 tsp almond extract | • 1 C crushed biscotti   |

- Place the apricots in a small bowl and pour the boiling water over them. Allow to cool, cover, and allow to soak overnight at room temperature.
- Place the apricots, soaking liquid, and orange juice in a food processor. Process mixture until well combined. Add the yogurt and almond extract and pulse just until smooth. Transfer mixture to a medium glass or ceramic bowl. Fold in the crushed biscotti. Spoon into serving dishes, cover, and chill several hours before serving.
- Makes 4 servings.

## Dr. T. Says...

Probiotics are essential to your digestive health and immune system. Here are some things to remember:

- **Antibiotics will wipe out good bacteria. Always replenish your probiotics after taking an antibiotic.**
- **Be sure to consider the potency, number of strains and dosage when choosing a supplement.**
- **Prebiotics feed probiotics and help keep their numbers high.**

Remember, probiotics are also available in many foods like yogurt, kefir cultured butter and cheese, kombucha, sauerkraut and other fermented and cultured foods.. Thanks for reading!

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.

## Upcoming Events

**December 12**  
Weight Loss  
Surgery Group  
11 a.m.



\***December 12\***  
Stitching Solutions  
10 a.m.-2 p.m.



\***December 17\***  
Dennis Gourmet  
Sauces  
3 p.m.-7 p.m.



\***December 19\***  
E.L.B. Barkery  
10 a.m.-2 p.m.



\*Holiday Shop Local\*

For more information about our Holiday Shop Local program, visit our website.

