



## Probiotics For Dummies

By Shekhar K. Challa, Eamonn M. M. Quigley

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Probiotics For Dummies, Shekhar K. Challa, Eamonn M. M. Quigley, Discover the pros of probiotics Probiotics are beneficial, live microorganisms (in most cases, bacteria) that are similar to those found naturally in the human intestine. Also known as "friendly" or "good" bacteria, probiotics are the cornerstone of any successful health program because they restore a healthy balance between friendly and bad bacteria in the intestinal tract, a balance that is critical for the health of the entire body. Probiotics are associated with treating everything from IBS to certain forms of cancer, allergies, eczema, and even the effects of aging. 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. 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. \* Advice on how to ingest the right probiotics...



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