

## **... PREBIOTICS AND PROBIOTICS.**

*One of the consequences of the modern food, associated in a more or less permanent state of stress, is the formation of an intestinal flora of putrefaction, rich in dangerous bacteria which are the origin of an intestinal auto-intoxication and many pathologies. Prebiotics and probiotics ones support the regeneration of a deteriorated flora.*

*The prebiotics are food substances which nourish and support in a selective way the growth and the activity of the beneficial for health intestinal bacteria. Among these substances you find pectins, present in the skin of apple for example, inulin in the root of chicory, artichoke, onion, garlic, asparaguses and cereals..., and fructooligosaccharides (FOS), soluble fibres present in many fruits and which arrive intact in the colon.*

*The ingested prebiotics are subjected to the action from bacteria at their arrival in colon, where a process of fermentation takes place which will generate a variety of final products, which will take part in the food and the maintenance of the intestinal bacterial mass of the lumen.*

*The probiotics are living micros-organisms which ingestion makes a profit for health, participating in the microbial balance of the intestine. In short, the probiotics standardize, induce or support all the functions of the healthy intestinal flora.*

*The species of Bifidobacterium (B. longum and bifidum) and Lactobacillus (L. acidophilus, bifidus, bulgaricus, casei, etc.) are most usually used like probiotic. They are in kéfir, the milk of mare, in all the lactofermented products like sauerkraut, tempeh, miso, shoyu and tamari sauces, natto, komboutcha and fresh pollen.*

*As we could see it in a previous article, it is advisable to maintain the intestinal flora balance due to the role she plays in the health of the organism. From there, the importance to often use prebiotics and probiotics, whether it is in a purely preventive or curative plan. These nutrients work in-depth and take part in the detoxination as in the revitalization of the metabolic field, improving or curing an infinity of disorders and health issues.*

*It is appropriate, therefore, to introduce into the diet the food quoted above or to consume food complements containing prebiotics or probiotics or a mixture of both (symbiotic), in individualized cures according to the hygiene of life of each person and, systematically, after an antibiotic treatment, a chemotherapy or in the event of chronic inflammatory disease. If you have doubts, do not hesitate to consult your favorite therapist.*

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