PROBIOTICS

Yogurt Mamas: Probiotics in Tanzania

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What are Probiotics??
Probiotics are live bacteria and yeast that are good for your health especially your digestive system. They are naturally found in your body. You can find them in some food and supplements. E.g. Yogurt, chocolates, etc.

How do they work??
When you lose good bacteria in your body, it helps to rebalance your good bacteria and it helps to keep you healthy.

What do they do??
Probiotics help to control food through your gut. They help to prevent certain conditions such as IBS (irritable bowel syndrome) and some allergies.

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Types of Probiotics
- Lactobacillus: Found in yogurt, fermented foods.
- Bifidobacterium: Helps with digestion and can also help people with diabetes.
- Saccharomyces boulardii: A type of yeast that is used to treat腹泻 and some other digestive issues.

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Thank you!
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How do they work??

When you loose good bacteria in your body, Probiotics can help replace them. They can help balance your good and bad bacteria to keep your body working like it should.

What do they do??

Probiotics helps to move food through your gut, some common condition they treat are :-
  i) Irritatable bowel syndrome
  ii) Infectious Diarrhea
  iii) Inflammatory bowel syndrome etc.

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Types of Probiotics -

*Lactobacillus*: Found in yogurt fermented foods. Different strain can help with diarrhea and may help people with digesting lactose.

*Bifidobacterium*: Found in some dairy products. It may help ease the symptoms of irritable bowel syndrome and some other diseases.
Some food items that have a lot of probiotics in them:

- Yogurt
- Raw cheese
- Dark chocolate
- Pickles
- Miso soup
- Sour dough bread
- Kefir etc.
THANK YOU!
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