

## Why Pre and Probiotics:

- Takes care of the GI tract in a powerful way and 70% of our immune system is there, that really matters!
- The good bacteria, also has digestive enzymes—which we must get from external sources to break down our food for better absorption.
- Probiotics help gets rid of Candida, or yeast overgrowth in the gut. In its benign form and in smaller quantities. Candida is inside all of us – in the digestive tract, mouth, and throat – and isn't a health problem. But Candida can become too prevalent within the gut and change into its more virulent, fungal form. This fungal form of Candida produces rhizoids – barbed appendages that cut into tissue and can cause Candida to spore through the intestinal wall. Once this happens, it produces a multitude of problems including leaking undigested food and toxins into the blood stream

On the [sharecare.com](http://sharecare.com) website Dr. OZ says:

“Probiotic bacteria are not normally found in the human intestine, so they often don't colonize well when they're introduced. Therefore, prebiotic foods are vital to encourage probiotic organisms to survive and thrive in the human gut,”\*.

### **Probiotics: The "Good" Bacteria**

- The human body requires beneficial bacteria to assist with an array of functions, from digestion to support of the immune system. Dietary supplements or foods that contain these beneficial enzyme-producing bacteria can be described as "probiotic." The World Health Organization and the Food and Agriculture Organization of the United Nations formally define probiotics as "live microorganisms, which, when administered in adequate amounts, confer a health benefit on the host."

### **Prebiotics: Helping the Good Bacteria**

- Prebiotics are derived from insoluble fiber and fructooligosaccharides (the sugars often found in fruits and honey); they are carbohydrates that selectively stimulate growth and/or activity upon contact with intestinal microflora. For instance, they are said to assist in the absorption of calcium and the development of good bacteria. The definition of prebiotics is very similar to that of dietary fiber, except for the issue of selectivity.

Read more: Difference Between Probiotics & Prebiotics | [eHow.com](http://www.ehow.com/about_5553337_difference-between-probiotics-prebiotics.html#ixzz1sKVRwvuk)  
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