

Health Benefits of Probiotics

There are good bacteria and bad bacteria in your gut. Probiotics refer to the good bacteria because it provides many health benefits.¹ Many recent research studies have proven that not only do probiotics promote healthy gut function, but also strengthen immunity, improve sleep, improve mood, prevent obesity, manage type 2 diabetes, arthritis and certain cancers.

Fun Facts:

1. More than 100 trillion bacteria lives in your body
2. Sum of bacteria weighs about the size of your heart
3. 60-80% of immune system tem is located in the gut
4. More than 40 diseases have been linked to intestinal bacterial imbalance including depression disorder, arthritis, Irritable bowel syndrome, type 2 diabetes and certain cancers.
5. Use of antibiotics eliminates all bacteria in the body, including good bacteria

COMMON TYPES OF PROBIOTICS THAT SUPPORT DIGESTIVE HEALTH AND IMMUNITY

Bifidobacteria

- Colonize in the colon
- Improve lactose intolerant by breaking down
- lactose to lactate
- Produce vitamin K and B vitamins
- Suppress appetite and reduce food intake
- Reduce insulin resistance
- Examples: B. Breve, B. Animalis, B. Lactis

Lactobacillus

- Colonize in the small intestine and stomach
- Help produce lactase (enzyme) which break down lactose to lactate
- Increases absorption of minerals in the gut, such as calcium, iron, copper, and magnesium
- Suppress appetite and reduce food intake
- Reduce insulin resistance
- Examples: L. Acidophilus, L. Casei, L. Reuteri

Probiotics can be found in dairy and fermented food products. However, high temperature can kill all bacteria including probiotics, we should consume probiotic food products in their most original form whenever possible to receive the greatest benefits from it.

Here are some great examples of high quality probiotic foods:

Dairy Products

Yogurt, Kefir, Aged Cheese



Soy Products

Natto, Miso, Tempeh



Fermented Food & Beverages

Kombucha Tea, Apple Cider Vinegar, Kimchi, Sauerkraut



To learn more about our doctor's group, call Member Relations: (415) 590-7418



aamgdoctors.com



youtube.com/AAMGDoctors



facebook.com/DoctorsAAMG

益生菌與我們的健康

人體的腸道內寄居住許多好細菌和壞細菌。好細菌稱為益生菌，因為它們能提供許多健康益處。1 許多研究已經證明益生菌不僅能促進腸道健康，而且能增強免疫力，改善睡眠，改善情緒，預防肥胖症，控制2型糖尿病，關節炎和某些癌症等。

有趣小知識：

1. 你身上存在住約100萬億活細菌
2. 細菌總重量與你心臟的重量相約
3. 60-80%的人體免疫力是位於腸道內
4. 有40多種疾病是與腸道細菌不平衡有關，包括抑鬱症，關節炎，腸易激綜合徵，2型糖尿病，及某些癌症等
5. 使用抗生素會消除大部分的細菌，包括好細菌

常見的益生菌種類

雙歧桿菌 (Bifidobacteria)

- 寄生於大腸
- 將乳糖分解成乳酸，改善乳糖不耐症
- 在腸道中生產維生素K和維生素B雜
- 抑制食慾來減少食物攝取量
- 降低胰島素抵抗性
- 例如: B. Breve, B. Animalis, B.

糖乳酸桿菌(Lactobacillus)

- 寄生於小腸和胃
- 幫助生產乳糖酶——能把乳糖分解成乳酸
- 促進礦物質吸收,例如:鈣,鐵,銅和鎂
- 抑制食慾來減少食物攝取量
- 降低胰島素抵抗性
- 例如: L. Acidophilus, L. Casei, L. Reuteri

Lactis
乳製食品 and 發酵食品含有大量的益生菌。但由於高溫可以殺死所有細菌，包括益生菌，要避免過度烹調，破壞食物中原有的益生菌，影響他們的功能。
含豐富益生菌的食物包括：

乳製品

乳酪, 乳酪飲料, 發酵芝士



大豆製品

納豆, 味噌, 發酵黃豆餅



發酵食品和飲料

發酵茶, 蘋果醋, 泡菜, 酸椰菜



要了解我們的醫生集團,
請致電會員服務部: (415) 590-7418



aamgdoctors.com

youtube.com/AAMGDoctors

facebook.com/DoctorsAAMG