



NUTRITION & FUNCTIONAL MEDICINE

GUT HEALTH ESSENTIALS: A GUIDE TO PREBIOTICS & PROBIOTICS

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THE IMPORTANCE OF GUT HEALTH AND THE ESSENTIAL ROLES OF PREBIOTICS AND PROBIOTICS

A healthy gut is the foundation of overall wellness. Within our digestive system lives a complex community of trillions of microbes, collectively known as the gut microbiome. This microbiome is crucial to not only digestion but also immune function, mental health, and chronic disease prevention. Poor gut health can lead to inflammation, immune imbalances, and even mental health challenges like anxiety and depression.



Prebiotics and probiotics are two key factors in supporting a balanced and thriving gut microbiome. Prebiotics provide essential food to nourish good bacteria, while probiotics are beneficial live bacteria that replenish and balance the gut. Together, they help maintain gut health, regulate digestion, and support the immune system, creating a solid foundation for functional health.



PREBIOTICS EXPLAINED

What Are Prebiotics?

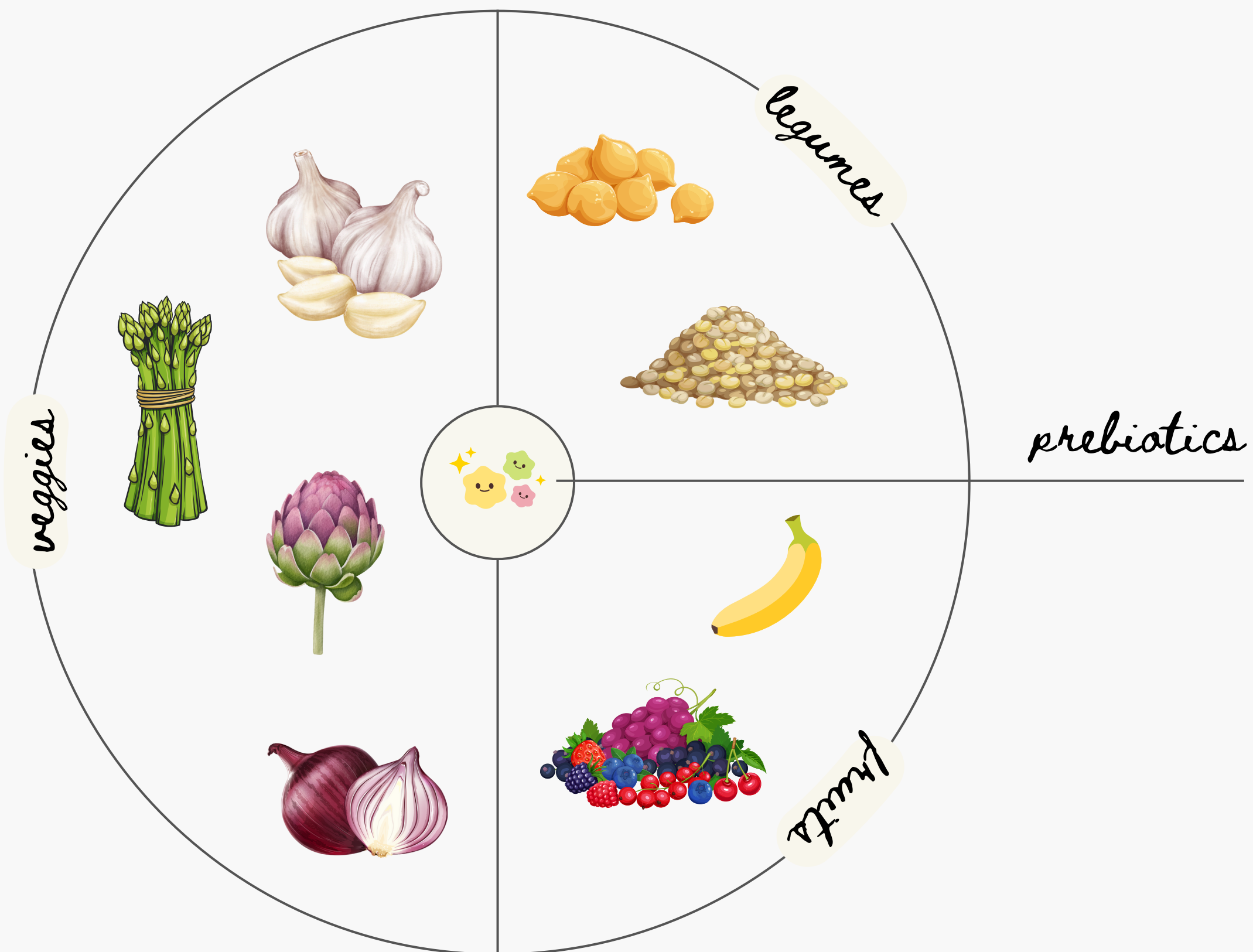
Prebiotics are non-digestible fibers that feed beneficial bacteria in the gut. These fibers pass through the digestive tract largely intact, reaching the colon where they act as a food source for the healthy bacteria living there. By nourishing these bacteria, prebiotics support the growth and maintenance of a balanced microbiome, which in turn promotes better digestion, immune health, and even mental well-being.

How Prebiotics Work in the Body

Prebiotics selectively stimulate the growth of beneficial gut bacteria, particularly Bifidobacteria and Lactobacilli. When these bacteria digest prebiotics, they produce short-chain fatty acids (SCFAs), which strengthen the gut lining, reduce inflammation, and support a healthy immune response. These SCFAs also play a role in metabolic health and energy production, making prebiotics essential for overall vitality.

Top Food Sources of Prebiotics

- Garlic
- Veggies including: asparagus, onions, artichoke, etc
- Legumes
- Fruits: berries in particular



PROBIOTICS EXPLAINED

What Are Probiotics?

Probiotics are live microorganisms that, when consumed in adequate amounts, provide health benefits by supporting a balanced gut microbiome. These beneficial bacteria help keep harmful pathogens at bay, support the gut's natural defenses, and aid in nutrient absorption. Probiotics play a pivotal role in gut health by fostering a diverse and resilient microbiome, which has been shown to influence everything from digestion to mood.

How Probiotics Benefit the Body

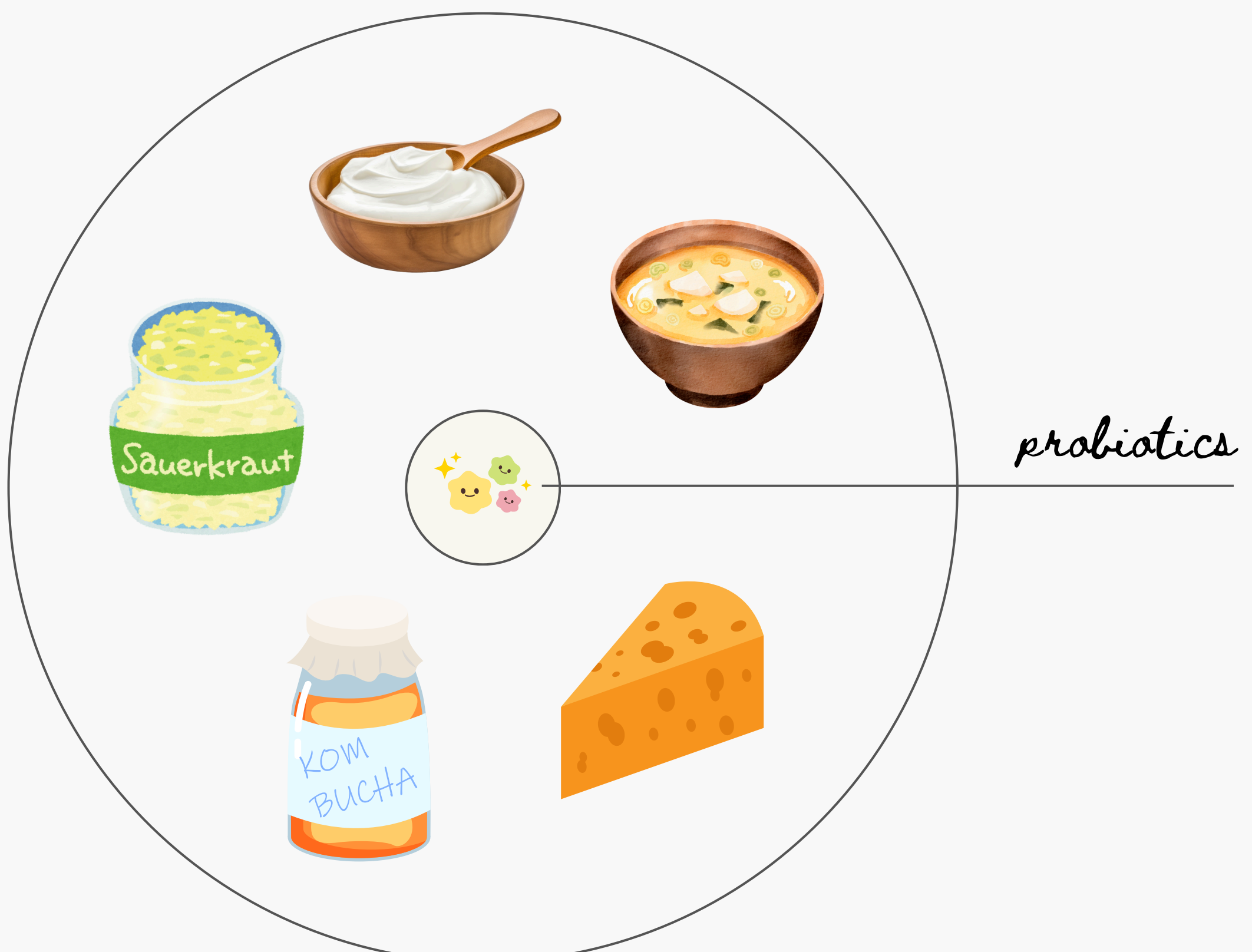
Probiotics help restore and maintain the gut microbiome by adding beneficial bacteria directly into the digestive tract. These bacteria work to outcompete harmful microbes, assist in breaking down food, produce essential vitamins (such as Vitamin K and some B vitamins), and create a gut environment less conducive to inflammation. Research suggests that probiotics also improve immune health, help manage symptoms of irritable bowel syndrome (IBS), and support mental well-being.

Top Food Sources of Probiotics

Yogurt (with live cultures)
Kefir
Sauerkraut
Kimchi
Kombucha
Miso

Tempeh
Pickles (fermented without vinegar)
Natto

Traditional buttermilk
Fermented cheeses (like Gouda)
Fermented cheeses (like Gouda)



CLIENT SUCCESS STORIES

Some of our clients who have incorporated prebiotics, probiotics, and functional nutrition into their lives, totally transforming their lives in terms of overall health, energy, and well-being.





MAKING YOUR HEALTH BETTER WITH MOVE NUTRITION

Our personalized nutrition coaching program can help you understand the role of prebiotics and probiotics in your diet, guiding you toward sustainable health improvements.

visit <https://movegst.com> to get started today!