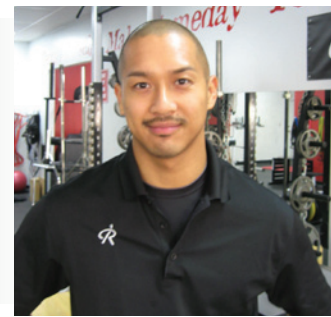


Pre-Probiotic

Have you had your daily dose of bacteria?

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Being involved in the fitness industry I think it would be a crime for me not to recognize that World Health Day, as sponsored by the World Health Organization, occurs every April. Seriously, who wants to argue with an organization with 'World' in their title? Each year World Health Day has focused on a central theme to discuss and bring awareness to. This year the theme for World Health Day is "Antimicrobial resistance: no action today, no cure tomorrow".

Certainly we all are aware of some of the problems bacteria can cause, for example, that innocent scraped knee turning into a nasty infection or catching the flu during the holidays (as if in-laws weren't enough!). So it seems our Mothers were right once again about washing our hands before eating and you know they love being right...However, there are exceptions to the belief that all bacteria is harmful, specifically probiotics. Now I'm certainly not condoning you go run and lick the nearest kitchen counter, we already know how your mother would feel about that, but rather supplementing your diet with probiotics.

Probiotics are microorganisms very much like the same bacteria we described earlier, however with the distinction of actually being very beneficial to our health. There are actually well over 500 different bacterial species that call our digestive system home! These special bacteria play a vital role in our personal health such as:

- Assisting and promoting optimal breakdown and digestion of food
- Allowing for better nutrient absorption
- Keeping intestinal lining healthy and reducing inflammation
- Promoting a healthy immune system
- Easing symptoms of irritable bowel syndrome as well other GI ailments

In fact a medical study as recent as 2010 demonstrated that young children who simply consumed a yogurt drink containing probiotics lowered their risks of common infections by 19%! (Mothers everywhere rejoice!) Needless to say, the active presence of bacteria has been demonstrated time and time again to be important for our immune system and intestinal health. So how can we insure that our diet provides us with a healthy amount of probiotics to insure optimal digestion and immune system health?

The most common sources of probiotics typically come in the forms of yogurt, kefir (fermented dairy beverage), cheese, and yogurt-like drinks. Many of these sources are great ways to insure we supplement our diet with healthy intestinal flora. However, like most so-called 'health' foods that line our market shelves these days, many of them are not as beneficial as they may seem. Unfortunately, due to misleading advertising and labeling more

often than not, many of these 'health' foods can come with a price. Most yogurts and yogurt-like drinks typically tend to be laden with sugar, artificial sweeteners, and are often 'calorie heavy' negating the original intent of improving one's health.

For example, a very popular yogurt brand that is readily available at markets everywhere contains over 25 grams of sugar, high fructose corn syrup, and no fiber. In this case, an individual trying to make a healthier choice may not be any worse off than drinking a can of soda. Luckily, you can add Probiotics to your diet in a very healthy way through supplementation.

A Pre-Probiotic supplement provides you with a quick and healthy alternative to supplementing your diet with probiotics without any of the negatives of added sugars, artificial sweeteners, or empty calories. A Pre-Probiotic can easily be added to any shake, oatmeal, or any wholesome meal to provide an instant boost of healthy flora to your digestive system. Not only does Pre-Probiotic provide all the healthy benefits of probiotics but also includes essential dietary fiber. The benefits of fiber are numerous and only add to the overall importance of making a Pre-Probiotic nutritional supplement a staple of any healthy diet. So next time you are throwing together a post-workout shake with 100% Natural Whey Protein or a healthy breakfast of oatmeal be sure to add a serving of Pre-Probiotic to ensure optimal digestion and reap the full benefits of the best ingredients nature can provide.



Charles Chattong is a fitness coach at Results Fitness in Santa Clarita, California. He is certified through the National Strength and Conditioning Association as well as holding a Masters degree in kinesiology. Charles has worked with a wide spectrum of clientele from high school/collegiate athletes to general population. Charles can often be found at Results Fitness' Shake Cafe' drinking a Peanut Butter Cup shake and promptly cleaning up his mess just like his Mother would insist on. For more information about Results Fitness visit their website, www.results-fitness.com, voted by Men's Health Magazine as one of the top ten gyms in America.

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