



My Preventive Health



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WHAT ARE PREBIOTICS AND PROBIOTICS?

What are Prebiotics?

Prebiotics are Natural foods that support the normal bacteria or “good bacteria” that live in your gut (gastrointestinal tract). Prebiotics serve as food for the normal bacteria that live in your gut. Some of these Prebiotic foods are bananas, grains, green vegetables, onions, garlic, soybeans, and artichokes. As a rule, natural foods that are high in fiber, can act as Prebiotics for your normal bacteria.



What are Probiotics?

Probiotics refer to the “good bacteria” that lives in your gut or gastrointestinal tract. Probiotics may come in natural foods such as yogurt and sauerkraut, as prescription supplements such as “Align™”, or as over-the-counter supplements such as “Intestiflora™”. These “probiotics” natural foods and supplements contain samples of the normal bacteria that lives in the gut.

The billions of “good bacteria” that normally live in your gut are collectively called the “**Gut Microbiome**”. These bacteria play an important role in your digestion. Recent evidence has shown that The “Gut Microbiome” is a critical part of your immune system and it constantly communicates with many of the other organs and glands in your body.

What are the uses of Prebiotics and Probiotics?

Prebiotics usually refer to high-fiber foods that are used to support the normal bacteria that live in your gut or gastrointestinal tract. Evidence has shown that you can improve your health by making high-fiber foods, many of which contain Prebiotics, a part of your daily diet.

Probiotics are usually taken to replace the good bacteria that live in your gut. These good bacteria can be damaged by many of the foods, medicines, food additives, toxins in the air and toxins in the water. For example, antibiotics may be prescribed by your doctor to control a sinus infection. The same antibiotics may destroy many of the normal bacteria that live in the gut. Many gastroenterologists now suggest that you should try to replace the good bacteria with Probiotic foods or supplements during, or after taking a course of antibiotics.



Directions to My Preventive Health Offices

West Atlanta & Smyrna Area

Emory Adventist Hospital
Medical Office Building, Suite 202,
3969 South Cobb Drive, Smyrna, Georgia 30080

South Atlanta Area

ANWAN Medical Center
725 North Central Ave.
Hapeville, GA 30354

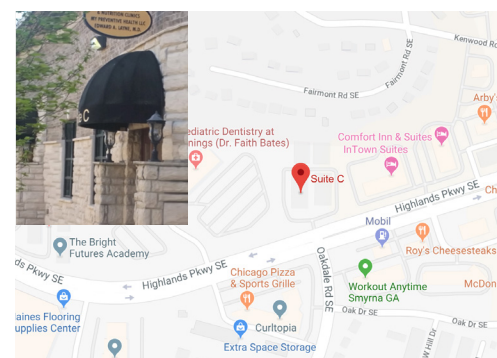
Stone Mountain – Tucker Area

ANWAN Medical Center
2227 Idlewood Rd
Tucker, GA 30084

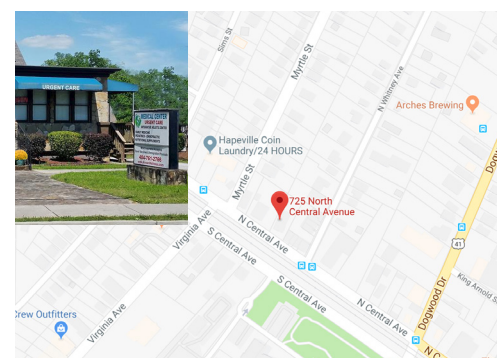
TELEPHONE NUMBER – ALL OFFICES: 404 681-0000
FAX NUMBER – ALL OFFICES: 678 866-2538
E-MAIL – ALL OFFICES: doc@MyPreventiveHealth.com

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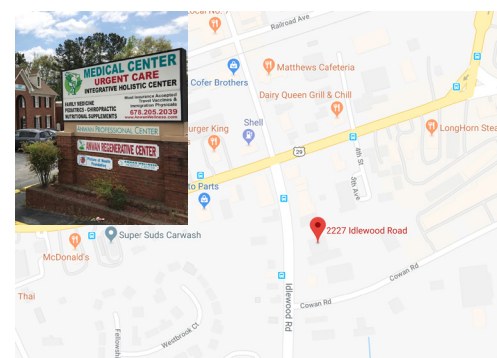
MAPS TO My PREVENTIVE HEALTH: METRO ATLANTA OFFICES



MY PREVENTIVE HEALTH
GASTROENTEROLOGY &
NUTRITION CLINICS
3040 Highlands Parkway, Suite C,
Smyrna, GA 30082



ANWAN MEDICAL
SOUTH ATLANTA
AIRPORT AREA
725 N Central Ave
Hapeville, GA 30354



ANWAN MEDICAL
STONE MOUNTAIN
TUCKER AREA
2227 Idlewood Road
Tucker, Georgia 30084-4827

GHN CONTRIBUTORS

E.A. Layne M.D: Editor; Mack Rassoulia
MD, TABB[®] Nutrition & Weight Loss; J.D. Cochran MD:
Clinical Pathology & Laboratory Medicine; F. Ghaly M.D./
D.W. Christie MD, Antiaging Medicine; Dr. K. Konwandi,
CAM Medicine; C. Abbott MD, Dermatology, Cosmetics and
Laser liposuction Programs; Robert Ash M.D., Good Health
News Briefs; Nicholas Moore, M.D., Assistant Editor, Jane
Graves, Green Health & Fitness Programs; Dr. S. Wheeler,
Health Data Consultant; Jennifer Turner, Graphics; B.H.
Layne & Assoc., GHN Legal column; R. Springer, P.A.,
Spanish edition of GHN.

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About the Editor

Edward A. Layne, M.D. received his training at Harvard College and Tulane University School of Medicine, with post-graduate studies at Harvard Medical School. He has served as Clinical Instructor at Harvard Medical School, as a Regional Director of the Georgetown Community Health Plan, Georgetown University Medical School and as Director of Clinical Medicine at Morehouse Medical School. Dr. Layne currently practices in Atlanta, Georgia where he specializes in Digestive Diseases and Nutrition, with a focus on "Preventive Health." Good Health News[®] is an independent publication and is also the official Newsletter of My Preventive Health, LLC. We welcome your comments and suggestions. Please mail them to: Editor, Good Health News[®], P.O. Box 77007, Atlanta, Georgia 30357-1007, Phone: (404) 681-0000, Fax: (404) 365-8354. You may also E-mail your comments to: news@MyPreventiveHealth.com.

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