My Preventive Health

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GOOD HEALTH NEWS

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HOW DO I KNOW IF I SHOULD BE TAKING PREBIOTICS AND PROBIOTICS?

Most nutritionists agree that you should be eating high-fiber foods as a normal part of your daily diet. High-fiber foods contain Prebiotics and support the good bacteria that live in your gut or gastrointestinal tract. If you have a difficulty managing high-fiber diet, then you may want to try to increase the fiber in your diet by taking "green smoothies" or vegetable soups. Recipes for green smoothies and vegetable soups are available at www.mypreventivehealth.com.

In many societies, foods that contain natural Probiotics are included as a normal part of the diet. These are foods such as yogurt, sauerkraut, kimchee and other fermented foods. You may want to consider taking a probiotic either as a food or as a food supplement, if you have taken antibiotics to treat an infection.

Broad-spectrum antibiotics will often destroy many of the normal gut bacteria as a side effect of treating the infection. You should always discuss your condition with your doctor before beginning Probiotic supplements.

Many of the conditions listed below can alter your Gut Microbiome and you may want to consider taking a Probiotic under these circumstances:

1. when you are traveling on a large cruise ship and drinking water that is supplied by the cruise ship
2. if you are undergoing chemotherapy
3. when traveling in a foreign country where you are unsure of the water quality
4. if you think your food may be contaminated with pesticides or excess additives
5. after you've had an episode of food poisoning or persistent diarrhea
6. after an antibiotic induced illness such as C. difficile colitis
7. after you have taken antibiotics for the treatment of an H. Pylori infection of the stomach
8. there is some evidence to suggest that patients with chronic constipation may benefit from a trial of Probiotic supplements
9. if you have had a gastric bypass procedure
10. if you have had part of your bowel resected (surgically removed)

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

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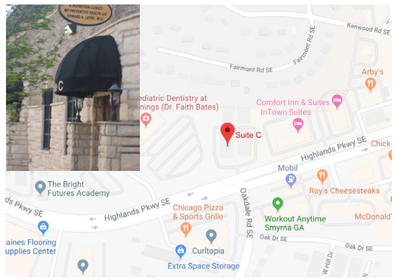
E-MAIL – ALL OFFICES: doc@MyPreventiveHealth.com

COLON CANCER SCREENING, POST-GASTRIC BYPASS NUTRITION PROGRAMS, TABB© Weight Loss Clinics (Trim And Beautiful Bodies) available in all centers.

MAPS TO My PREVENTIVE HEALTH: METRO ATLANTA OFFICES



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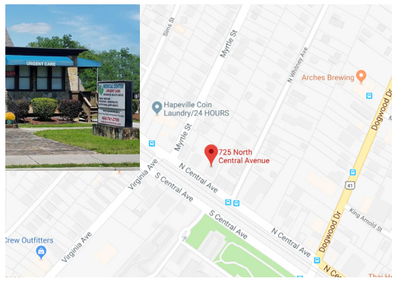

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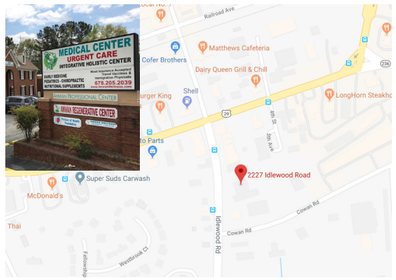

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About the Editor
Edward A. Layne, M.D. received his training at Harvard College and Tulane University School of Medicine, with post-graduate studies at Harvard Medical School. He has served as Clinical Instructor at Harvard Medical School, as a Regional 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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TIPS FOR STAYING IN SHAPE OVER THE HOLIDAYS

Get ready! The Holidays are just around the corner. My Preventive Health can help you avoid the extra weight.

My PREVENTIVE HEALTH
LOOK YOUNGER, FEEL YOUNGER, LIVE YOUNGER