



My Preventive Health



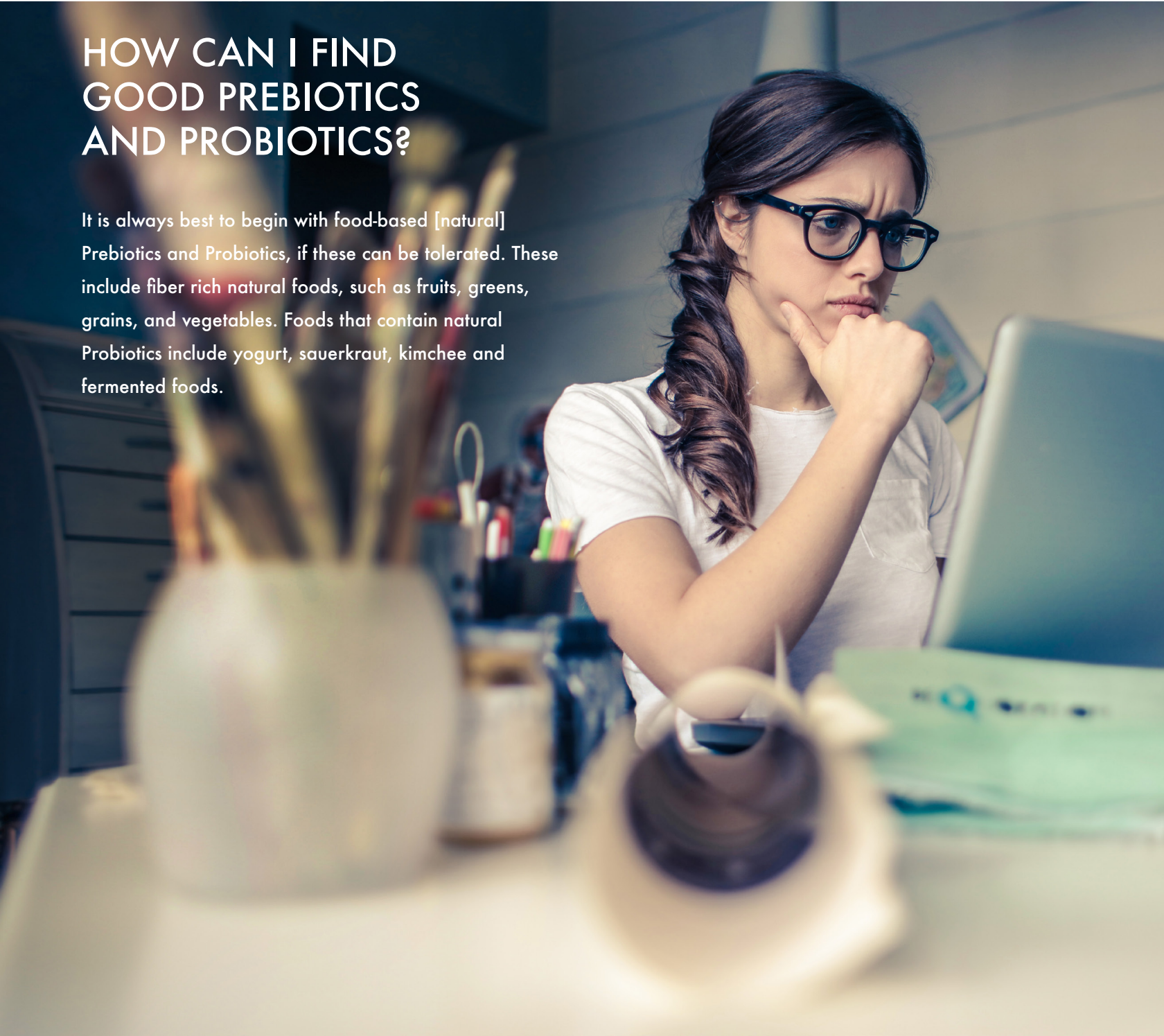
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GOOD HEALTH NEWS

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HOW CAN I FIND GOOD PREBIOTICS AND PROBIOTICS?

It is always best to begin with food-based [natural] Prebiotics and Probiotics, if these can be tolerated. These include fiber rich natural foods, such as fruits, greens, grains, and vegetables. Foods that contain natural Probiotics include yogurt, sauerkraut, kimchee and fermented foods.



A close-up photograph of two women in white lab coats. The woman in the foreground is looking down at a tablet computer she is holding. The woman behind her is also looking at the tablet. They appear to be in a clinical or laboratory setting.

Some insurance companies will cover a Probiotic that can be prescribed by your doctor. Many nutritionists are also trained to advise you on Prebiotics and quality probiotics supplements. Some large health food stores such as Whole Foods™ and Sprouts™ often have individuals in the vitamin and supplement departments that have undergone additional training to make suggestions on Probiotic and other nutritional supplements.

A photograph showing a person's arm wearing a black watch with a black strap. The person is holding a red basketball with the word "SPALDING" visible on it. The background is a dark blue surface with white lines, suggesting an outdoor basketball court.

When should I take Prebiotics and Probiotics?

There are no hard data available on this subject. The gut cleans itself at night when you are sleeping, and it has been my experience that the Probiotic supplements work best when taken in the late evening. I advise my patients to include prebiotic foods in the diet every day, whenever possible. I also advise my patients that are taking Probiotic supplements to take them with a small amount of yogurt or unsweetened almond milk about three hours before bedtime.

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

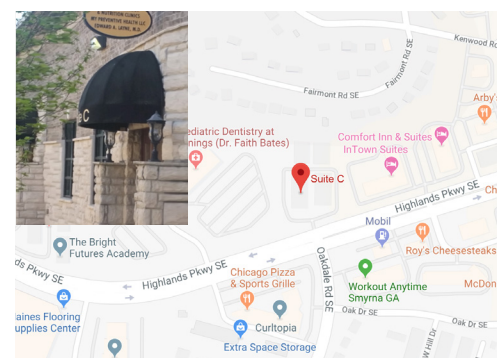
Stone Mountain – Tucker Area

ANWAN Medical Center
2227 Idlewood Rd
Tucker, GA 30084

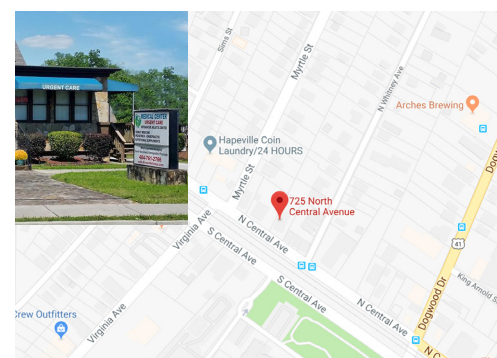
TELEPHONE NUMBER – ALL OFFICES: 404 681-0000
FAX NUMBER – ALL OFFICES: 678 866-2538
E-MAIL – ALL OFFICES: doc@MyPreventiveHealth.com

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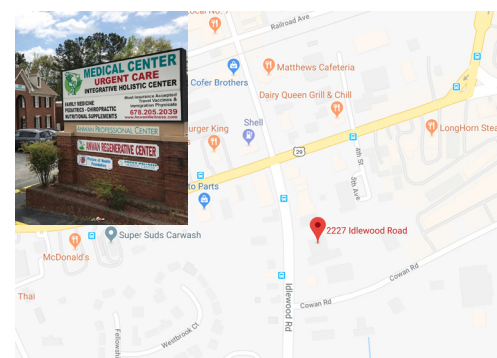
MAPS TO My PREVENTIVE HEALTH: METRO ATLANTA OFFICES



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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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
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