

Prebiotics vs. Probiotics

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What are prebiotics?

Prebiotics are a specific type of food necessary to stimulate the growth of healthy bacteria, the “good” bacteria in the large intestine, increasing resistance to invading pathogens. Prebiotics are not digestible by the stomach or small intestine. They are heat resistant, which keep them intact during the baking process and allow them to be incorporated into every day food choices. Prebiotics stimulate the growth of good bacteria such as bifidobacteria and lactobacilli in the gut and increase resistance to invading pathogens. This effect is induced by consuming functional foods that contain prebiotics. These foods induces metabolic activity, leading to health improvements. Healthy bacteria in the intestine can combat unwanted bacteria, providing a number of health benefits.

Food and Herb sources for prebiotics

The most common type of prebiotic comes from inulin, a dietary fiber.

Asparagus	Dandelion root
Bananas	Garlic
Beans and legumes	Jerusalem artichokes
Burdock root	Leeks
Cabbage	Onion
Chicory root	

What are probiotics?

Probiotics are live micro-organisms contained in the food we eat, the “good” bacteria. They do not get digested while going through the stomach and small intestine, giving the large intestine a healthy dose of this good bacteria. Probiotics are necessary to maintain a high ratio of good bacteria to bad bacteria in the intestinal flora, which is necessary to promote good digestion which helps to boost the immune function and increases or resistance to infection. Unlike prebiotics, probiotics cannot tolerate heat and must be eaten in their ‘raw’ state.

Food and Herb sources for probiotics

Foods and herbs must be non-cooked or the probiotics will not survive. Foods such as sauerkraut, kimchi and pickles should not be pasteurized as that will kill off the probiotics.

Coconut water	Miso
Fermented pickles	Raw apple cider vinegar
Ginger beer	Raw cacao
Kefir	Sauerkraut
Kimchi	Tempeh
Kombucha	Yogurt

Sources of information:

http://www.prebiotic.ca/prebiotic_fibre.html

<http://paleoleap.com/eat-probiotic-foods/>