

HEALTH HIGHLIGHTS: PROBIOTICS FOR A HEALTHY GUT? (Audio)

<<(I'M TIM DITMAN WITH A GUT CHECK IN TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE. DO YOU NEED TO TAKE PROBIOTICS TO IMPROVE DIGESTION AND HAVE A HEALTHY GUT?

PROBIOTICS ARE LIVE BACTERIA AND YEASTS THAT AFFECT YOUR BODY. BUT, OSF HEALTHCARE GASTROENTEROLOGIST DR. OMAR KHOKHAR SAYS THE RESEARCH ISN'T THERE YET FOR **HIM** TO RECOMMEND TAKING PROBIOTIC SUPPLEMENTS. INSTEAD, HE SUGGESTS GETTING THE NUTRIENTS THROUGH FERMENTED FOODS AND DRINKS.

"I SUGGEST YOU TAKE PREBIOTICS AND PROBIOTICS IN THEIR NATURAL FORM – IN A KEFIR, SAUERKRAUT, KOMBUCHA. THERE'S GREEK YOGURT. THOSE ARE HIGHLY FERMENTED FOODS THAT ARE IN THE ORGANIC STATE AND HAVE BEEN SHOWN TO IMPROVE MICROBIOME GUT VITALITY." (:20)

IF THOSE TYPES OF FOOD OR DRINKS ARE TOO CHALLENGING TO INCLUDE IN YOUR DIET, DR. KHOKHAR SAYS TO TALK WITH YOUR MEDICAL PROVIDER FIRST, AND IN MOST CASES TAKING PREBIOTIC OR PROBIOTIC SUPPLEMENTS WON'T HURT ... AND COULD POSSIBLY HELP.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN.)>>