Prebiotics are food for our microbiome - food for our probiotics

Restrictive diets can limit the amount of prebiotics consumed in the diet

Prebiotics can be found in the following foods but not limited to:
- Polyphenol's found in colorful foods such as fruits, nuts, seeds, and whole grains.
- Herbs, cacao, leeks, onions, radishes, plantains, olive oil, legumes, root veggies, artichokes, asparagus, green tea, raw honey, sea veggies and colostrum

Positive effect on cardio health
Helps with hydrating the body as they hold water
Increases absorption of calcium in turn building stronger bones

Change in the microbiome can have a positive effect on mental health

Prebiotics can play a protective role in metabolic disorder
Insulin resistance, diabetes and obesity

Liz Lipski Maps Prebiotics on the 15MM
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(See Mediators for a list of some prebiotic-rich foods)