



PROBIÓTICOS

Probiotics are live microorganisms, in the form of bacteria or yeasts that, as indicated by the WHO (World Health Organization), when supplied in adequate amounts, **can alter the intestinal microbiota causing beneficial effects.**

I mean, and here's the good news, administered to prevent imbalances in the gut microbiota or to correct those imbalances if they are already present, we can help our body maintain or repair itself.

Why does PersonalFood want to promote PROBIOTICS??

In recent years, in nutrition and gastroenterology consultations, in digestive health pages, the world of bacteria, viruses and fungi have become an indispensable protagonist. This is due to the progress that has occurred in the **understanding of the relationship that we humans maintain with all of them and the benefits that they bring us.**

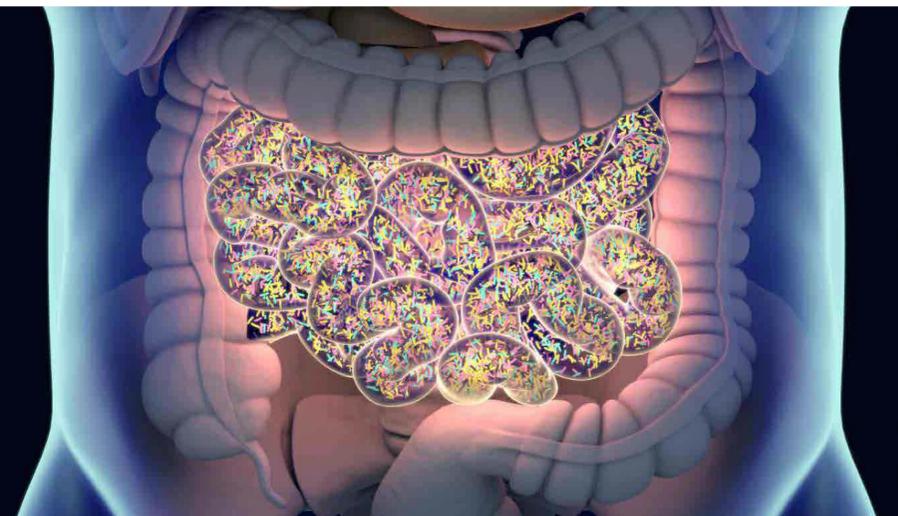
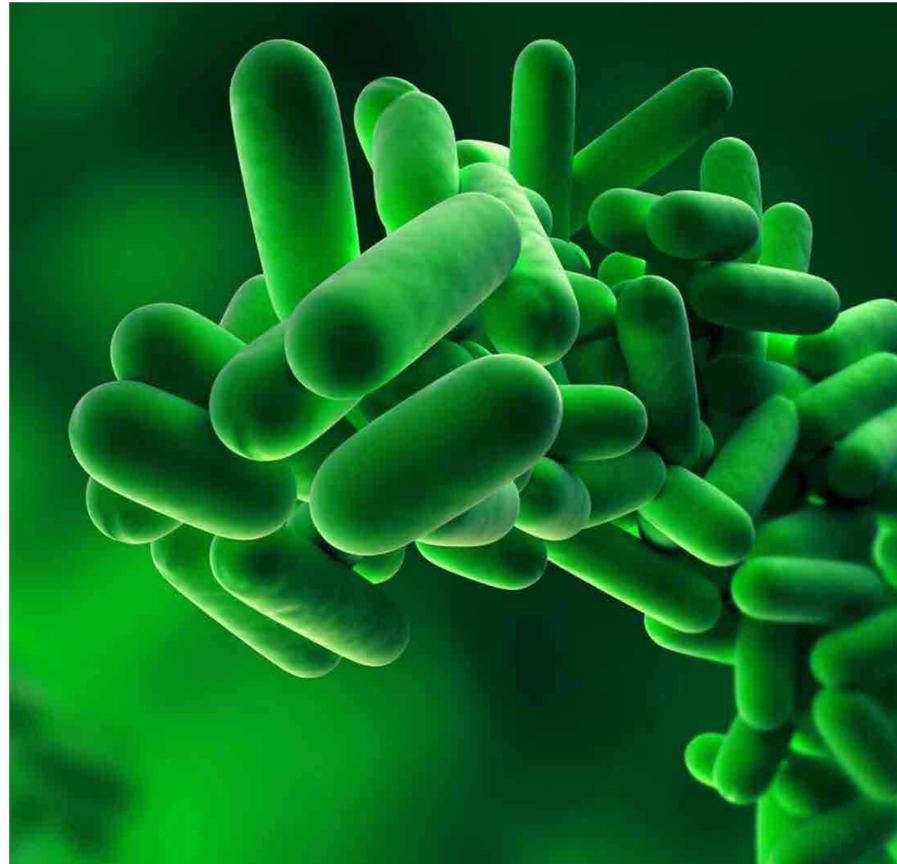
Let's see it with perspective: When did humans arrive on earth? If we represent the evolution of life on earth in the course of 12 hours; we humans arrived at the last minute; (dinosaurs 1 hour ago, land plants 2 hours ago) but microbes and bacteria arrived 10 hours ago!! They were here long before us.

Humans are a combination of human cells and microorganisms. In fact, there are more bacteria cells in our body than human cells.

Trillions of bacteria, viruses and fungi live on or in us. Maintaining a good and balanced relationship with them is advantageous for us; They provide us with nutrients, help us assimilate them in digestion, train our natural defense system and even modulate our moods. We live thanks to the relationship we have with them and if that relationship is good, balanced, our life is better; that relationship is part of our well-being.

This set of organisms form the human microbiome, different in each person. When we focus on our digestive system we are talking about the intestinal microbiota (previously known as intestinal flora)

The human body has 100 trillion microorganisms in the digestive system, a figure ten times higher than the number of human cells, as we pointed out before. It is estimated that the intestinal flora of our digestive system weighs approximately one kilo. Most of these microorganisms are bacteria, belonging to more than 400 different species.



We do not have the intestinal flora incorporated when we are born, but rather we acquire it. First, the intestine is colonized by the bacteria that the mother transfers to the baby through the birth canal, the environment and breastfeeding, and later the intestinal flora continues to develop through food intake, contact with the outside, hygienic habits, etc. Therefore, each individual has a unique composition (as if it were a fingerprint) and its balanced development is essential for our general well-being and health.

The amount and composition of the intestinal flora varies according to the section of the digestive system: in the stomach is where we find fewer bacteria due to the acidic pH of the stomach and as we pass through the intestine they increase until they reach the colon, which is where they are concentrated the largest number.

Also, it varies throughout the different phases throughout our lives and will depend on good eating habits, stress, sedentary lifestyle, hormonal changes, abuse or mere use of antibiotics or other medications, environmental pollution or toxic habits.

The phenomenon of alteration of the microbiota is known as dysbiosis. This phenomenon can be reversed by combining a change in lifestyle habits and an adjustment in dietary habits.

It is in this process of prevention or readjustment of nutritional habits where Personal Food frames its proposal.

Busy life, bad eating habits or illness, regardless of the source of imbalance that generates dysbiosis, the most accurate treatment seems to be the modification of eating habits. A diet rich in fruits, vegetables and seasonal vegetables, legumes, nuts, seeds is recommended; and also a complement with probiotics.

Until now, the administration of probiotic supplements usually occurs through products with a "medical format" (pills, syrups, solutions) that give us the feeling that we are medicating ourselves.

Personal Food proposes these integrated probiotics in a "food format": newyou.chocolate. Now, a source of nutrients, pleasure and probiotics with which to proactively supplement the diet.

www.newyouchocolate.com

We recommend some books if you want to continue knowing the benefits of taking care of your microbiota:

*Olalla Otero, El revolucionario mundo de los probióticos, Qué son, cómo funcionan y para qué sirven (Ed. Alianza) 2022

* Ramón de Cangas Moran, Rocio María Lope, Microbiota y alimentación consciente (Oberon) 2022

*Suárez E, Álvarez Calatayud G. El microbioma humano. El otro genoma del ser humano. Ed. RBA, 2017.

* Justin Sonnenburg (Autor), Erica Sonnenburg (Autor). El intestino feliz: Cómo controlar el peso, el estado de ánimo y la salud a largo plazo (Cuerpo y mente) Tapa blanda – Ed. Aguilar, 2016

*Gerald W. Tannock, Understanding the Gut Microbiota (Wiley) 2017

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