



GUT HEALTH 101: Know Your -BIOTICS


 **PROBIOTICS** = The Good Bacteria

 Found in: Yogurt, kefir, kimchi, miso

 Benefits: Improves digestion, skin clarity, immune health

 **PREBIOTICS** = The Food for Your Gut Bugs


 Found in: Garlic, onions, bananas, oats

 Benefits: Boosts probiotic growth, fights inflammation

 **POSTBIOTICS** = The Powerful Byproducts

 Created naturally by probiotics

 Benefits: Strengthens gut lining, supports skin + immune system

 Nurse Tip: Eat fiber, hydrate well, and add fermented foods to feel better inside & out.

✨ Healthy gut = happy skin = better poops.

📌 Visit my blog for the full scoop (and poop talk)

<https://gutglow.blog>