



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

挂号 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>