5 Takeaways

Understanding the Microbiome Series - Herbs that Cultivate an Environment for the Microbiome
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1. Artichoke leaf is a great prebiotic
2. www.usprobioticguide.com is a great resource tool
3. Artichoke extracts are helpful in IBS and dyspepsia
4. Alginate, or alginic acid, is a good source of prebiotic and helps with GERD
5. Spices that are antimicrobial are: turmeric, cumin, ginger, garlic, onions

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