

Probiotic Foods

**ENHANCE YOUR DIGESTIVE SYSTEM FUNCTION
AND OVERALL WELLBEING**

To help promote good bacteria, add these probiotic foods to your diet

Kefir

A fermented milk drink similar to a thin yogurt that is made from kefir grains, a specific type of mesophilic symbiotic culture.



Kimchi

A Korean side dish of salted and fermented vegetables, made with a widely varying selection of seasonings.

Kombucha

A fermented, lightly effervescent, sweetened black or green tea drink.



Miso Soup

A traditional Japanese soup produced by fermenting soybeans.

Sauerkraut

Finely cut raw cabbage that has been fermented by various lactic acid bacteria.



For a tailor-made immune supporting program contact Terrie

Terrie Beresford, Naturopath

Mob: 0411 068 953 terrie@newage.net.au

www.newage.net.au



New Age
Naturopathics