

Probiotics: Nature's Internal Healer

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Abstrak

Probiotics-the friendly bacteria that reside in your gastrointestinal tract-are your body's first line of defense against the potentially harmful microorganisms you inhale or ingest. In Probiotics, Natasha Trenev explains the importance of these bacteria in achieving and maintaining good health. Included is an A-to-Z list of illnesses and disorders that can be prevented or corrected with proper probiotic supplementation.