

**GOOD GUT BUGS: HOW TO IMPROVE YOUR DIGESTION
AND TRANSFORM YOUR HEALTH**

Deanne Sittner

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It also advises avoiding triclosan and unnecessary antibiotics and favourably mentions probiotics foods as well as probiotic supplements. We take no responsibility for your exposure to third party content on the Sites or the Services.

Here are 10 science-based ways to improve your gut bacteria. We take no responsibility for your exposure to third party content on the Sites or the Services. In just the last few years, scientists have shown how the microscopic life within our bodies—particularly within our intestines—has an astonishing impact on our lives. One small study found that a vegetarian diet led to reduced levels of disease-causing bacteria in obese people, as well as reduced weight, inflammation and cholesterol levels. People who eat a lot of yogurt appear to have more lactobacilli in their intestines. When the foods work together, they improve your energy and your physical and mental health. Research shows that smiling can improve your mood, lower your stress response, increase your productivity, and make you more creative—and flashing those bacteria-boosted pearly whites can even make you seem more approachable and trustworthy to .