



## **WHAT ARE PRO, PRE, AND ANTIBIOTICS?**

ARI GRINSPAN: A probiotic is a living microorganism that is used to confer health on the person who takes it. Probiotics can be found in your local drugstore.

But probiotics can also be found in food, like yogurt. Yogurt is made by taking bacteria and putting it with dairy product-- milk-- to form a yogurt culture. And so when you eat your yogurt or you take a probiotic, you're eating that healthy living organism, that's supposed to benefit the host.

Now, a prebiotic is just basically, food supply to promote the growth of the healthy bugs in your gut. It is not a living organism.

Prebiotics are like fiber. Fiber is a wonderful prebiotic because it promotes the growth of healthy bacteria.

Antibiotics are designed specifically, to kill bacteria. And there can be broad spectrum antibiotics that kill a whole bunch of different bugs, and there could be more narrow spectrum antibiotics, that just focus on a couple of bugs.

The problem is, no matter what antibiotic you take, it doesn't just kill the bad bugs. It's also, going to kill a lot of the other bugs that it's not meant to kill that reside in your gut.