



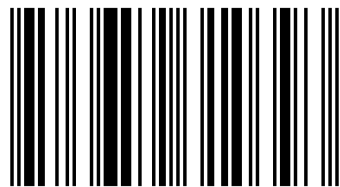
Therapeutic Properties of Probiotics

Probiotics are live bacteria which are similar to beneficial microorganisms found in the human gut. They are also called "beneficial/good bacteria". Consumption of probiotics helps in improving the balance and activity of the intestinal and urogenital micro flora which will further solve digestion and a lot of related health problems. They can also prevent osteoporosis and constipation and help to improve digestibility, immunity, production and absorption of vitamins and minerals, gut motility, development and growth. Their other crucial values include anti-candida, anti-bacterial, anti-inflammatory, anti-mutagenic, anti-tumor, anti-cancer and anti-allergic activities. In one word, probiotics make feeling of well-being. Today, probiotics have been used industrially for the production of yogurt, cheese, sauerkraut, pickles, beer, wine, cider, kimchi, chocolate, and other fermented foods. This book shows that how easily we can produce and use healthful probiotics with antibacterial activity against food borne pathogens from Natural Homemade Food Sources which can be further applied as starter cultures in fermentation processes.



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HEALTHFUL EFFECTS OF PROBIOTICS ISOLATED FROM HOME-MADE FOOD SOURCES

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