



PREbiotics, not Probiotics

By Jackson

Jackson GI Medical. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. The dramatic discovery that the lower gut is home to an enormous collection of bacteria has revolutionized the science of the digestive system, indeed, the entire body. This gut ecosystem is known as the microbiome. Good bacteria live here as well as bad bacteria that we would rather not have. Probiotics are live bacteria that we ingest in the hope that they take up residence in the lower gut and provide health benefits. Prebiotics, on the other hand, are the plant fibers that are the fuel for the whole system and are the ones that make it work maximally for our benefit. Frank Jackson M. D. , a clinical gastroenterologist, provides a physicians look at this whole system. He does it with a clinicians approach by talking in plain language that is understandable by everyone. He takes us through the science underlying the complex bacterial factory that we all have. Then he discusses how the function of the gut and its bacterial actors participate in the dynamics of many of the common gastrointestinal disorders. These include Crohns Disease, ulcerative colitis, celiac and gluten disorders, diverticulosis,...



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