



The
PTI BUZZ
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"Friendly" bacteria= Probiotics

Health Benefits of Probiotics:

Improve immune function and prevent infections
Lower blood pressure
Reduce inflammation
Improve mineral absorption
Prevent harmful bacterial growth under stress
Treat irritable bowel syndrome (IBS)
Reduce bladder cancer recurrence
Prevent and treat eczema in children
Prevent or reduce the severity of colds and flu

Foods containing Probiotics :

Yogurt
Drinkable and squeezable yogurts
Fluid milk with added probiotics
Fermented milk such as sweet acidophilus milk
Kefir

Snorkeling: can burn up to 120 calories in 30 minutes!!!



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