

Dr. Crowley's Pharmacy

Prebiotics

Regulates bowel movements, Helps your bones absorb calcium and phosphorus, which can improve bone density. Improves how well your immune system functions. Increases production of good bacteria and decreases bad bacteria.

The following foods are a natural source of prebiotics:

Almonds Raw
Leeks Raw
Garlic
Wheatgrass
Salt Chlorella
Spirulina Raw
Apples

Raw Cabbage
Onions
Asparagus
Bananas
Dandelion Greens
Jicama
Artichokes
Apple Cider Vinegar

Birch Xylitol
Cayenne Pepper
Sprouts
Raw Red Cabbage
Jerusalem Artichoke (raw)
Chicory Root
Inulin Powder
Raw Leafy Greens

Probiotics

Many benefits including: Improves digestion and absorption of food and nutrients. Boosts immunity and decreases inflammation. Helps decrease antibiotic resistance, improves lactose tolerance and protects against food allergies.

The following foods are a natural source of probiotics:

Brine Cured Olives
Aged Cheddar Dark
Chocolate Sauerkraut
Aged Swiss

Miso
Buttermilk
Pickles
Tempeh
Gochujang

Yogurt
Kimchi
Natto
Kefir
Tepache

Aged Gouda
Kombucha
Goat Cheese
Coconut Kefir
Raw Milk

"Let food be thy medicine and medicine be thy food" Hippocrates