

A blend of fundamental and applied research related to their use, this volume looks at how probiotics can enhance human health. The book covers all aspects of intestinal microflora and offers a comprehensive review of the broad array of effects that can be attributed to probiotic usage. While the focus remains on the latest and most exciting findings in the field of gut health, this book also opens a window to the possible role of probiotics beyond the gut, such as in oral health care, allergic disorders and women's health. The book also reviews pertinent legislation regulating the use of probiotics across the globe with special emphasis on Japan, a country that pioneered the establishment of a regulatory framework for functional foods. Each chapter summarizes a topic, reviews current research, and discusses future direction. Most of the references that have been cited in the book chapters are recent. The methods applied make use of modern methodologies and good controls, and apply rational explanations for the probiotic benefits.

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For some decades now, bacteria known as probiotics have been added to various foods because of their beneficial effects for human health. The mechanism of.

Some standard food items, e.g., yogurt, sauerkraut, garlic, and cheese contain probiotics in the form of live lactic acid bacteria and/or probiotics in the form of fructans, a dietary fibre<sup>3</sup>. Cheese contains both probiotic bacteria and the prebiotic dietary fibre inulin. Fermented Foods in Health and Disease Prevention is the first scientific reference that addresses the properties of fermented foods in nutrition by examining their underlying microbiology, the specific characteristics of a wide variety of fermented foods, and their effects in health and disease. Probiotics are live microorganisms which, when administered in adequate amounts, confer health effects on the host and prebiotics are non-digestible food. Recent times have witnessed antibiotic resistance and increase in diseases, hence the trend these days. health and the fact that Probiotics- containing foods are.

Fermented Foods in Health and Disease Prevention is the first scientific reference that addresses the properties of fermented foods in nutrition. Health Promoting and Disease Preventing Properties of Probiotics with Scientists are trying to prepare such foods that can provide health. Probiotic foods today and the future: where science and commerce need to meet / Gregor Reid, Jean Maclain, Ruben Hummelen, Joke Dols and Wayne L.

The requirement for probiotic functional foods is rapidly and progressively on foods, human health benefits, neurological diseases, probiotics.

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