



LET'S TALK PROBIOTICS

Gut feeling & microbes in charge

Our gut is home for zillions of microorganisms, between 500 and 1,000 different species, of which about 99% is of bacterial origin. They are involved in important processes within our body such as food digestion, immunity or neuro-psychological functions. The condition of our gut ecosystem has a significant effect on our health. Besides, the pathogenesis of many diseases including asthma, eczema, or rheumatoid arthritis is linked to microbial gut imbalances. Probiotic organisms have a potential of supporting our gut health. Dr. Joanna will share with you her insights on probiotics and will inspire you to get in touch with your gut while enjoying some probiotic snacks!!!

**ProBiotic**
DIGEST
www.probioticdigest.com
Dr. Joanna Krzeslak-Hoogland

YOU WILL LEARN:

Why we need
microbes

How microbes
stimulate our
immune system

How microbes talk
to our brain and our
brain talks to
microbes

About gut
microbiota in health
and disease

How to select
probiotic products
and more

Location: Wellbeing
Chiropractic, Amsterdam

When: 29th April 2015

Time: 19.00 – 21.00

Contribution: 10€

Reservations: 020 7670098

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