

Live microorganisms  
which may beneficially affect  
the health of the host

## Probiotics

All organs and systems rely on the health of the digestive tract. Proper digestion is essential for the body to absorb and utilize the nutrients it needs. In addition, 75% of the cells necessary for the immune system to function effectively are connected to the gastrointestinal tract.

### Probiotics: Critical for Good Health

Probiotics ("Pro"= Positive, "Biotic"= Life) are living microflora that play a critical role in maintaining good health. Present in many live foods, but destroyed by heat processing, live probiotic cultures populate the intestinal tract where they play a positive role in digestive and immune health.

#### Editor's Choice

#### Garden of Life Primal Defense Ultra

It pays to be choosy when selecting a probiotic supplement. Some manufacturers may cut corners just to make their quotas. Other mass-produced brands ship from overseas, where manufacturing standards are far lower. It's hard to know which brands are legit, especially if you're a busy person. That said, finding the right probiotic it can really be a life-changer. The best brands can get your digestive system back on track, and relieve constipation, cramps, diarrhea, and bloating. A healthy gut microbiome is **key** to alleviating these digestive issues and much more—including better energy, improved mood, and skin health.

**Garden of Life Primal Defense Ultra** is a product I've used this product for 5+ years, and it's personally kept me from getting colds and the flu. Garden of Life Primal Defense Ultra supports normal intestinal function and regularity. Its is an ultimate high potency, broad-spectrum probiotic formula, providing a 5 billion live cell count of 13 species of beneficial cultures including soil-based probiotics.

**Primal Defense Ultra** supports normal intestinal comfort and function, and promotes healthy intestinal elimination regularity and consistency.

It also helps maintain a healthy, balanced immune system, which is beneficial to overall health. No artificial colors or preservatives. Vegetarian capsules; gluten free

You can get this product online, or better yet go to Gene's Health Food store in Owensboro, Kentucky.



# HAVE DIABETES?

**Diabetes education** can teach you how to manage your blood sugar, blood pressure and cholesterol.

A **diabetes educator** can help you learn how to manage your disease as a part of your daily life.

## Out of control blood sugar can lead to:



Increased risk for  
heart disease



Stroke



Blindness



Kidney disease

## How do I sign up?

To find diabetes education services in your area, look on the Kentucky Diabetes Resources Directory at the link below.



To learn more, visit [www.kydiabetes.net](http://www.kydiabetes.net)



or go to <https://prd.chfs.ky.gov/KYDiabetesResources/>

## Learn tips to reduce your risk for diabetes complications



Plan meals and  
make healthy  
food choices



Monitor yourself:  
it's more than just  
your blood sugar



Stay  
active



Take your  
medications



Quit  
smoking

*Green River District*

HEALTH DEPARTMENT