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Write a review. Oct 06, 2016 Camilla rated it really liked it. The benefits of probiotics are no secret and is something we wholeheartedly already embrace. We lacto-ferment our own veggies.

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8.02 The health benefits of probiotics
are no secret—doctors from both the
Western and Eastern medicine camps
sing the praises of probiotics for their

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positive effects on digestion,
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As you may have learned in 10 Best
Probiotic Foods for Gut Health,
consuming fermented foods regularly
is an incredibly healthy and easy way
to support various systems

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throughout our bodies. Fermented foods like these Powerful Probiotic Drinks are made with a process called lacto-fermentation, wherein friendly bacteria and yeast break down sugar to form lactic acid.

~~10 Delicious, Gut Healing Probiotic~~

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Kind of like a green smoothie with a probiotic addition! Ingredients. Celery, 2 stalks. Parsley, 1 handful. Spinach leaves, 1 handful. Kale leaves, 1 handful. Probiotic capsule, 1. Method.

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Juice all the ingredients, except the probiotic capsule. Open the probiotic capsule and empty contents into the juice. Stir well, and enjoy it!

~~7 probiotic drink recipes to keep your gut healthy ...~~

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