

Probiotics Can Help You Lose Weight

Food sources of dietary fiber have traditionally been divided according to proportion of soluble vs. insoluble fiber. The two types are defined according to their characteristics of viscosity and fermentability, with different advantages between the types. Plant foods contain both types in varying amounts. Bulking fibers, such as cellulose... da4be80130

Dietary fiber Soluble fiber supplements may be beneficial for alleviating symptoms Dietary fiber (also spelled fibre), or roughage, is the portion of plant-derived food that cannot be completely broken down by human digestive enzymes. Dietary fibers are diverse in chemical composition and can be grouped generally by their solubility, viscosity and fermentability, which affect how fibers are processed in the body. They are components of many foods from plants, such as legumes, whole grains, cereals, vegetables, fruits, nuts, and seeds. lowering cholesterol levels, reducing the risk of colon cancer, and losing weight. Dietary fiber has two main subtypes: soluble and insoluble. Dietary fiber consists of non-starch polysaccharides and other plant components, such as cellulose, resistant starch, resistant dextrins, inulins, lignins, chitins, pectins, beta-glucans, and oligosaccharides. Regularly consuming substantial dietary fiber is generally associated with supporting health and lowering the risks of several diseases da4be80130

Rossi founded the website The Gut Health Doctor, including The Gut Health Clinic. In 2019, she co-founded Bio&Me a food range in the UK. In 2025, she founded SMART STRAINS, a range of clinically proven live bacteria products with clean labelling. She is an advocate and researcher of plant-based nutrition. da4be80130 == Uses == da4be80130 The company is a certified B Corporation. According to B Lab, in 2014, New Chapter became the first major vitamin and supplement company to become a certified B Corp. P&G is one of several publicly held multinational corporations to have become involved in the "B Corp movement" through a subsidiary. da4be80130 In agriculture it can be used to water crops and given to livestock to drink, and it can be stored in man-made lakes or reservoirs for long periods of time. da4be80130 Rossi studied Dietetics at Queensland University of Technology from 2006 to 2009. After receiving first-

class honours, she went on to conduct more research into the field while working as a dietitian at Princess Alexandra Hospital, Brisbane. In 2014, she earned her PhD in gut health from the University of Queensland while also working as a nutritionist for the Australia Olympic Synchronised Swimming team. da4be80130

Crohn's disease to try complementary or alternative therapy. A 2006 survey Crohn's disease (CD) is a type of inflammatory bowel disease (IBD) that may affect any segment of the gastrointestinal tract. Complications outside of the gastrointestinal tract may include anemia, skin rashes, arthritis, inflammation of the eye, and fatigue. Symptoms often include abdominal pain, diarrhea, fever, abdominal distension, and weight loss. These include diets, probiotics, fish oil, and other herbal and nutritional supplements. Bowel obstruction may occur as a complication of chronic inflammation, and those with the disease are at much greater risk of colorectal cancer and small bowel cancer. The skin rashes may be due to infections, as well as pyoderma gangrenosum or erythema nodosum da4be80130

Although the precise causes of Crohn's disease are unknown, it is believed to be caused by a combination of environmental, immune, and bacterial factors in genetically susceptible individuals. It results in a chronic inflammatory disorder, in which the body's immune system defends the gastrointestinal tract, possibly targeting microbial antigens. Although Crohn's is an immune-related disease, it does not seem to be an autoimmune disease (the immune system is not triggered by the body itself). The exact underlying immune problem is not clear, though it may be immunodeficiency.... da4be80130 The dog food recommendation should be based on nutrient suitability instead of dog's preferences. Pet owners should consider their dog's breed, size, age, and health condition and choose food that is appropriate for their... da4be80130

Oral hygiene The most common types of dental disease are tooth decay (cavities, dental caries) and gum diseases, including gingivitis, and periodontitis. It is important that oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath. bad breath) by regular brushing of the teeth (dental hygiene) and adopting good hygiene habits. g. not an option. Vitamin C is Oral hygiene is the practice of keeping one's oral cavity clean and free of disease and other problems (e. Some people use probiotics for gingivitis, halitosis, and more. Foods that help muscles and bones also help teeth and gums da4be80130

Raw water can be used for many industrial purposes, such as cooling water, water for rinsing and chemical production. Construction industries can use raw water for making cement or for damping down unsealed roads to prevent dust rising. da4be80130 == Corporate organization == da4be80130 Sometimes white or straight teeth are associated with oral hygiene. However, a hygienic mouth can have stained teeth or crooked teeth. To improve... da4be80130 Rossi moved to London, UK in 2015, where she lives with her husband Thomas and her sons Archie and Cooper. da4be80130

Cat food The use of probiotics can help in the prevention Cat food is food specifically formulated for consumption by cats. The function of probiotics goes beyond basic nutrition and has many benefits to the health of the organism. As obligate carnivores, cats require animal-based proteins for essential nutrients such as taurine and arginine, which they cannot synthesize from plant-based sources. The idea of specialized cat food developed later than dog food, as cats were long considered to be self-sufficient hunters. French writers in the 1800s criticized this view, arguing that well-fed cats were more effective hunters. In the 19th and early 20th centuries, cats in London were commonly fed horse meat sold by itinerant traders known as Cats' Meat Men or Women, who traveled fixed routes to serve households. By the late 19th century, commercial cat food emerged, with companies like Spratt's offering ready-made products to replace boiled horse meat da4be80130

Hafþór Júlíus Björnsson With 32 international titles, 60 total wins, 88 podiums and 132 world records which makes him the most prolific record breaker in the history of strength sports, he is widely regarded as one of the greatest and most decorated strength athletes of all-time. a traditional Icelandic high-protein cultured dairy product high in probiotics and low in sugar. Björnsson also owns 'Thor's Power Apparel';, a family Hafþór Júlíus Björnsson (Icelandic: ['hafθour 'ju:lijys 'pjœrson] ; transliterated as Hafthor Julius Bjornsson in English; born 26 November 1988) is an Icelandic professional strongman da4be80130

Dietary supplement children taking probiotics. Dietary supplements may also contain substances that have not been confirmed as being essential to life, such as plant pigments or polyphenols, and so, by definition, are not necessarily nutrients. However, they may still be marketed as having a beneficial biological effect. Supplements are sold in multiple doses, ranging from one time usage

to entire courses. They may also be enhanced with nutrient ingredients. There is limited evidence in support of adults using mono-strain and multi-strain containing probiotics for the alleviation A dietary supplement is a manufactured product intended to supplement a person's diet in the form of a pill, capsule, tablet, powder, or liquid. The classes of nutrient compounds in supplements include vitamins, minerals, fiber, fatty acids, and amino acids. Animals can also be a source of supplement ingredients; for example, collagen may be extracted from chickens or fish. A supplement can provide nutrients that are either extracted from food sources or are synthesized (to increase the quantity of their consumption) da4be80130

== Early life and education == da4be80130 General guidelines for adults suggest brushing at least twice a day with a fluoridated toothpaste: brushing before going to sleep at night and after breakfast in the morning. Cleaning between the teeth is called interdental cleaning and is as important as tooth brushing. This is because a toothbrush cannot reach between the teeth and therefore only removes about 50% of plaque from the surface of the teeth. There are many tools available for interdental cleaning which include floss, tape and interdental brushes; it is up to each individual to choose which tool they prefer to use. da4be80130 One of three children, Rossi was raised by her single mother, a science teacher, on a farm near Cairns in rural Australia. da4be80130

Megan Rossi "These clinically tested probiotics actually work (unlike Megan Rossi (born 10 October 1988) is a dietitian, nutritionist and author specialising in the microbiome. com. condition-specific probiotic range". NutraIngredients. Retrieved 26 March 2025. Her PhD in gut health received the Dean's Award top 5% for Outstanding Research Higher Degree. 18 February 2025 da4be80130

New Chapter was acquired by Procter & Gamble in 2012. As a PBC, its stated public benefit is "sustainably promoting public health by nourishing body and soul through its products, including, but not limited to, whole foods and herbal supplements, in an environmentally conscious and socially responsible way." da4be80130

New Chapter Based in Brattleboro, Vermont, the company is a Public Benefit Corporation (PBC) subsidiary of Procter & Gamble. [better source needed] New Chapter was New Chapter, Inc. The

company's products include herbal supplements, probiotics, superfood greens and mushrooms. is the American manufacturer of the New Chapter brand of vitamins and other organic dietary supplements. The company's products include herbal supplements, probiotics, superfood greens and mushrooms. Procter & Gamble da4be80130

Modern cat food is available in various forms, including dry kibble, wet canned food, raw diets, and specialized formulations for different health conditions. Regulations, such as those set by the Association of American Feed Control Officials (AAFCO), ensure that commercially available foods meet specific nutritional standards. Specialized diets cater to cats with conditions like chronic kidney disease... da4be80130

Dog food They have the sharp, pointed teeth and shorter gastrointestinal tracts of carnivores, better suited for the consumption of meat than of vegetable substances, yet also have ten genes that are responsible for starch and glucose digestion, as well as the ability to produce amylase, an enzyme that functions to break down carbohydrates into simple sugars - something that obligate carnivores like cats lack. Vitamin E can be used as an antioxidant in senior dog foods. Pre- and probiotics can also be added to senior dog foods to help improve the beneficial Dog food is specifically formulated food intended for consumption by dogs and other related canines. health. Dogs evolved the ability living alongside humans in agricultural societies, as they managed on scrap leftovers and excrement from humans. Dogs are considered to be omnivores with a carnivorous bias da4be80130

The winner of the World's Strongest Man, the World's Ultimate Strongman, two times the World's Strongest Viking, three times the Arnold Strongman Classic, five times the Europe's Strongest Man, nine Strongman Champions League wins, ten Giants Live wins and twelve times the Iceland's Strongest Man, he is the only person to have won the World's Strongest Man, the Europe's Strongest Man and the Arnold Strongman Classic in the same calendar year, which he achieved in 2018. Known by his epithets 'king of the deadlift' and 'king of the stones', he is also the reigning World deadlift champion, Eisenhart deadlift champion and the all-time deadlift world record holder at 510 kg (1,124.36 lb). Revered for his brute strength, Björnsson is regarded by many strength... da4be80130 Raw water includes rainwater, ground water, water from infiltration wells, and water from bodies like lakes and rivers. Water in this form is considered raw, as opposed to water which

has been treated before consumption, including drinking water, or waste water, which is contaminated due to previous use. da4be80130 In the United States, the supplement industry was estimated to have a value of \$151.9 billion in 2021. There are more than 95,000 dietary supplement products marketed in the United States, and about 60% of the American adult population consumes dietary supplements... da4be80130 It can also be used domestically for washing cars, as well as for raw water flushing of toilets, as a method of water conservation. da4be80130

Raw water Mosia,Lebohang Raw water is water found in the environment that has not been treated and does not have any of its minerals, ions, particles, bacteria, or parasites removed. PMID 8779590. PMC 168033. Raw water is usually not safe for humans to drink due to contamination of various kinds. Without treatment, raw water can be used for irrigation, construction, or cleaning purposes. "Why 'raw water' could help you lose weight, in a bad way";Sydney Morning Herald, 4 January 2018. Bever, Lindsey da4be80130

Dogs have managed to adapt over thousands of years to survive on the meat and non-meat scraps and leftovers of human existence and thrive on a variety of foods, with studies suggesting dogs' ability to digest carbohydrates easily may be a key difference between dogs and wolves. da4be80130

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