

## What are the prebiotics and probiotics:

- What are the prebiotics and probiotics: Pre-biotics & Pro-biotics activate the gut beneficial microbes. These microbes trigger enzymes release that act as a catalyst to separate/release a particular set of nutrients from the food that nourish the organs. According to me, unknown under-nourished organs stop releasing a particular hormone that is essential to nourish Kidney or Pancreas or any organs (as we are having more than 80 organs); therefore e-GFR factor gets reduced, filtration function gets damaged, and, the whole blood parameters get altered; likewise, Pancreas also develop abnormality because of development of abnormal digestive enzymes like Lipase and Amylase. Under pre-biotic and probiotic principles, availability of such hormones and nutrients gets triggered to address the deficiency of the dysfunctional organs.
- Miracle Drinks Blended phytochemicals may act like a Pre-biotic to the beneficial microbes or and may nourish the undernourished organs.