



Hi! I'm

**Noura  
Lutyk**

**HOLISTIC  
HEALTH  
PRACTITIONER**

(and mama of 3)

#### Food is best

- Saurkraut
- Real fermented veggies (eg. pickles)
- Kefir
- Homemade yogurt/live yogurt
- Hard raw milk cheese

#### Good brands

- **Bio-Kult** (best for children and families)
- **Klaire Labs**
- **Thorne**
- **Jarrow**

#### A note about probiotic supplements

Probiotic supplements can be beneficial for anyone today because most of us have an imbalance of "good" to "bad" bacteria in our guts inherited from our parents and our Modern way of life. Each probiotic strain plays a different role such as our brain health, immune system, mood, and even detoxification. Having a healthy microbiome is **key** to having good overall health.

#### Which strains?

- **Bifidobacterium species**

Here I work as a graphic designer in charge of designing digital advertising media.

- **S. Boulradii**

Here, I have the task of managing the design work system. Checking, uploading also my tasks every day.

- **Lactobacillus rhamnosus LGG®**

Research shows that this strain can reduce symptoms of eczema such as itching.

- **Lactobacillus acidophilus**

Member of the lactobacillus genus. May relieve eczema. Holds promise in clinical trials.

#### How many strains do you need?

- **The numbers matter**

In order to get the beneficial dose of probiotics the numbers need to be in the billions to trillions range.

- **Look for strains with numbers and letters**

Strains with numbers and letters next to each strain are part of a category of probiotics. This means that the lab has patented these to mean that they are pure. When choosing a probiotic this is important.

**\*\*For information purposes only. Not medical advice.\*\***