

Dr. Don Colbert Explains the Role of Prebiotics in a Healthy Gut

In his newest book, *Dr. Colbert's Healthy Gut Zone*, Dr. Don Colbert explains to his readers that prebiotics are incredibly beneficial to the gut's microbiome and their entire gastrointestinal tract. "While probiotics are living organisms, prebiotics are more like insoluble fiber—undigestible and existing solely to serve your gut bacteria."

Prebiotic fiber is a non-digestible part of foods that travels through the small intestine undigested and is fermented when it reaches the large colon. "The fermenting action feeds the good bacteria in your colon," writes Colbert. "Though prebiotics can be in supplement form, the most common way to get prebiotics is through the foods we eat."

According to Colbert, there are many prebiotics available. A few on his list include:

- Apples.
- Asparagus.
- Bananas.
- Flaxseed.
- Garlic.
- Onions.
- Wheat bran.

In *Dr. Colbert's Healthy Gut Zone*, Colbert writes, "To have a healthy gut, you must eventually feed your gut what it needs

once the bloating and gas have been contained. That means feeding the good bacteria with prebiotics. The good bacteria then can multiply and benefit your whole body.”

Colbert also addresses additional benefits of prebiotics: Prebiotics provide energy, help with weight loss, increase mineral (magnesium, calcium) absorption, reverse common adverse effects of stomach acid blockers, strengthen the probiotics already in the gut and suppress hunger.

“With my patients, I tell them to eventually aim for 12 grams of prebiotics per day once gas and bloating have resolved,” states Colbert. “How much is that? If you are getting the fiber and probiotics your body needs, then adding about a handful of prebiotic foods to your daily diet should be sufficient. Use as many naturally prebiotic-rich vegetables in your salads or cooked meals as you want. The more it becomes a habit, the better.”

Colbert’s newest book is available through Amazon, Barnes and Noble, BAM, , Indiebound and Walmart.

Colbert was a board-certified family practice doctor for more than 25 years in Orlando, Florida, and most recently in Dallas, Texas. He is also board-certified in antiaging medicine through the American Academy of Anti-Aging Medicine and has received extensive training in nutritional and preventative medicine. He is the author of three *New York Times* bestselling books, including *Let Food Be Your Medicine*, *The Seven Pillars of Health* and *Dr. Colbert’s “I Can Do This” Diet* along with bestsellers *Toxic Relief*, the *Bible Cure* series, *Living in Divine Health* and *Stress Less*. He has sold more than 10 million books and treated more than 50,000 patients in his years of practicing medicine.

Dr. Colbert’s Healthy Gut Zone is published by Siloam, an imprint of Charisma House. {eoa}