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Probiotics: an overview; pros and cons

Over the last decade there is an augmented awareness in the results of pre- and probiotics and its outcome on the microbiome and health and disease. This has stood determined by enhancement in recent discoveries indicating the imperative role of microbiota in common health disorders such as obesity, type II diabetes mellitus, irritable bowel syndrome (IBS), irritable bowel disease (IBD), a variety of cancer, neuroendocrine function, respiratory disorders and many more. These are only some of the common diseases in today's world. Established and developing civilisations are making their way to an increase on immune and gut related health problems. Different studies suggest that emerging nutritional strategies may be responsible in promoting health benefits to the consumer by manipulating the gut flora. These innovative findings in pre and probiotics show promising tools for the nutrition community. These ingredients found in a variety of foods may indicate improvement in gut function and physiology as well as metabolic function. Live microorganisms which when administered in adequate amounts confer a health benefit on the host. This article will look into the mechanism of the microbiome, the effects of pre and probiotics and the advantages and disadvantages of administering pre and probiotics on chronic diseases.

Biography

Bhavnani Rekha is a 2nd year Nutrition student at London South Bank University. Her interest in health and wellbeing of the population has encouraged her to pursue a career in the field and has a particular interest in probiotics.

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