

World Congress on  
**FOOD AND NUTRITION**  
December 10-12, 2018 Dubai, UAE

## Restorative effects of natural pro- and pre-biotics

**Archana Arora**  
NU Foods, UAE

The decades of processed foods consumption have created imbalance of bacteria in our guts. The hard reality is many of the convenient packaged foods that appeal to our taste buds, are devoid of food's natural nutrients and are loaded with additives. Today, we are no longer attentive to the impact of food on our health. We eat for convenience, not health. Our gut is the gateway to overall health. An unhealthy gut weakens our immune system, our metabolic processes suffer and our health declines. Eat mindfully to fix your gut and the part of the answer to fixing it lies in probiotics. Naturally, incorporating probiotics into your diet not only offer a cheaper and tastier way to balance the good bacteria in your stomach but may also prevent a host of illnesses. Be in a win-win situation by focusing on foods we should include rather than foods to exclude!

### Biography

Archana Arora, a senior Dietitian & Health Coach at NU Foods, Dubai. The establishment of this healthy meal catering company is her latest endeavor. She is a consultant to Dubai police. She has completed Master's in Food & Nutrition in 1995 followed by Internship at the All India Institute of Medical Sciences (AIIMS), New Delhi. She has been practicing for more than 20 years in the fitness, healthcare, wellness & catering industries. From her experience as a dietitian, she has become conscience of the fact that health is above & beyond nutrition and has started running wellness campaigns at a corporate level to raise awareness about healthy nutrition, lifestyle, mental peace & emotional strength.

archana.a@nufoods.ae

### Notes: