

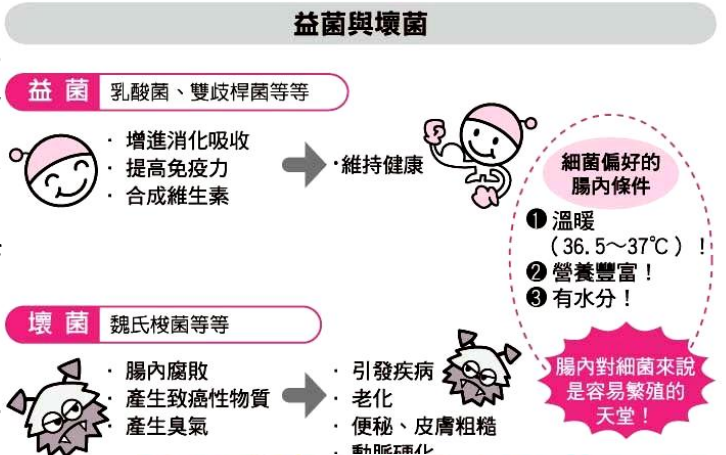
What is probiotics?

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy.

Probiotics are naturally found in your body. You can also find them in some foods and supplements. Many types of bacteria are classified as probiotics.

They all have different benefits, but most come from two groups.

1. Lactobacillus 乳桿菌. This may be the most common probiotic. It is the one you will find in yogurt and other fermented foods. Different strains can help with diarrhea and may help with people who cannot digest lactose, the sugar in milk.



Gastrointestinal Digestive Tract
Balance Ingested Yeasts Health
PROBIOTICS
Prevention Protection Good Immune System Benefits
Bacteria Live Micro-Organisms
Human Body Supplements Food
Intestinal Microbes Beverages
Yogurt Cultures Immune System



2. Bifidobacterium 雙歧桿菌. You can also find it in some dairy products. It may help ease the symptoms of irritable bowel syndrome (IBS) and some other conditions.
3. Frozen yogurt
Pretty mush dessert, especially once you hit the toppings bar. Also, it doesn't always contain active cultures.
4. Kombucha
It's on acquired taste and it contains something called a "mother". Its health benefits are unsubstantiated.
5. Green yogurt
A tasty source of protein and probiotics, with more proteins but also more calories than regular yogurt.
6. Yogurt
A fairly low-calories way to get your probiotics goodness.
7. Sauerkraut and Kimchi
Love it or hate it, sauerkraut and kimchi are both good for your gut.
8. Fecal transplant
Is this the absolute grossest healthy thing you can do your body? Yes it is.

Lactic acid bacteria(乳酸菌) is a type of probiotics. It has a long history of use in the food industry where they are best known for turning milk into cheese or yoghurt, cabbage into sauerkraut or kimchi, and even improving the quality of wine. They are also consumed in probiotic products for their health-promoting effects.

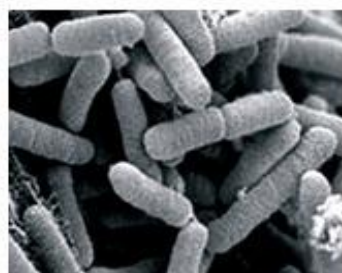
精選八大天然腸駐型乳酸菌



L. rhamnosus (LGG 菌)
鼠李糖乳桿菌



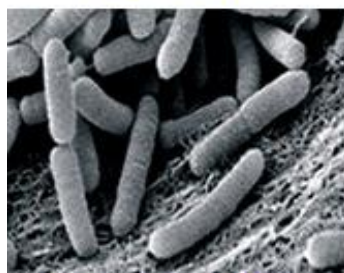
L. paracasei (LP 菌)
副乾酪乳桿菌



L. acidophilus (A 菌)
嗜酸乳桿菌



B. bifidum (B 菌)
雙叉雙歧桿菌



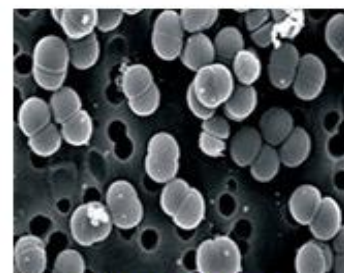
L. casei subsp (C 菌)
乾酪乳桿菌



B. lactis (BL 菌)
乳雙歧桿菌



L. reuteri (R 菌)
洛德乳桿菌



L. lactis (LL 菌)
乳鏈球菌

The use in food of lactic acid bacteria

Although they are best known for their role in the preparation of fermented dairy products, they are also used for pickling of vegetables, baking, winemaking, curing fish, meats and sausages.

Similarly today, a wide variety of fermented milk products including liquid drinks such as kefir and semi-solid or firm products like yoghurt and cheese respectively, make good use of these illustrious microbial allies.

The manufacture involves a microbial process by which the milk sugar, lactose is converted to lactic acid. As the acid accumulates, the structure of the milk protein changes (curdling) and thus the texture of the product. Other variables such as temperature and the composition of the milk, also contribute to the particular features of different products

Benefits of lactic acid bacteria:

1. Inhibit pathogens, such as E. coli(大腸杆菌)
2. Prevent diarrhea(腹瀉) caused by (rota)virus or Salmonella
3. Reduce effects (or eliminates) Candida infection(念珠菌感染)
4. Restore mucus lining of the "gut"
5. Stimulate immune system

6. Kidney stone development may be decreased by improving the "gut" flora because probiotic bacteria has been shown to neutralize oxalate(草酸鹽), one of the risks for developing kidney stones.

7. Release vitamins, minerals and enzymes from foods, making them readily-available

8. Destroy wide-range of natural and synthetic toxins in raw foods

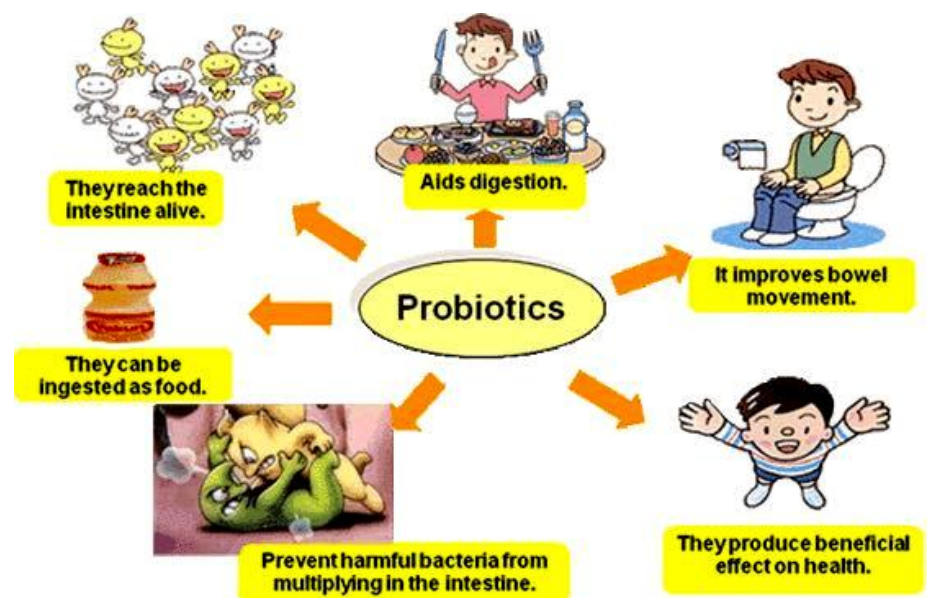
9. Increase defecation(排便), reducing constipation(便秘)

10. Break down sugars, starches and lactose for easier digestion

11. Pancreas, liver, kidney are less stressed

12. Help in the relief of anxiety(焦慮) and depression(抑郁)

13. Create beneficial fiber that is more compatible with digestive tract



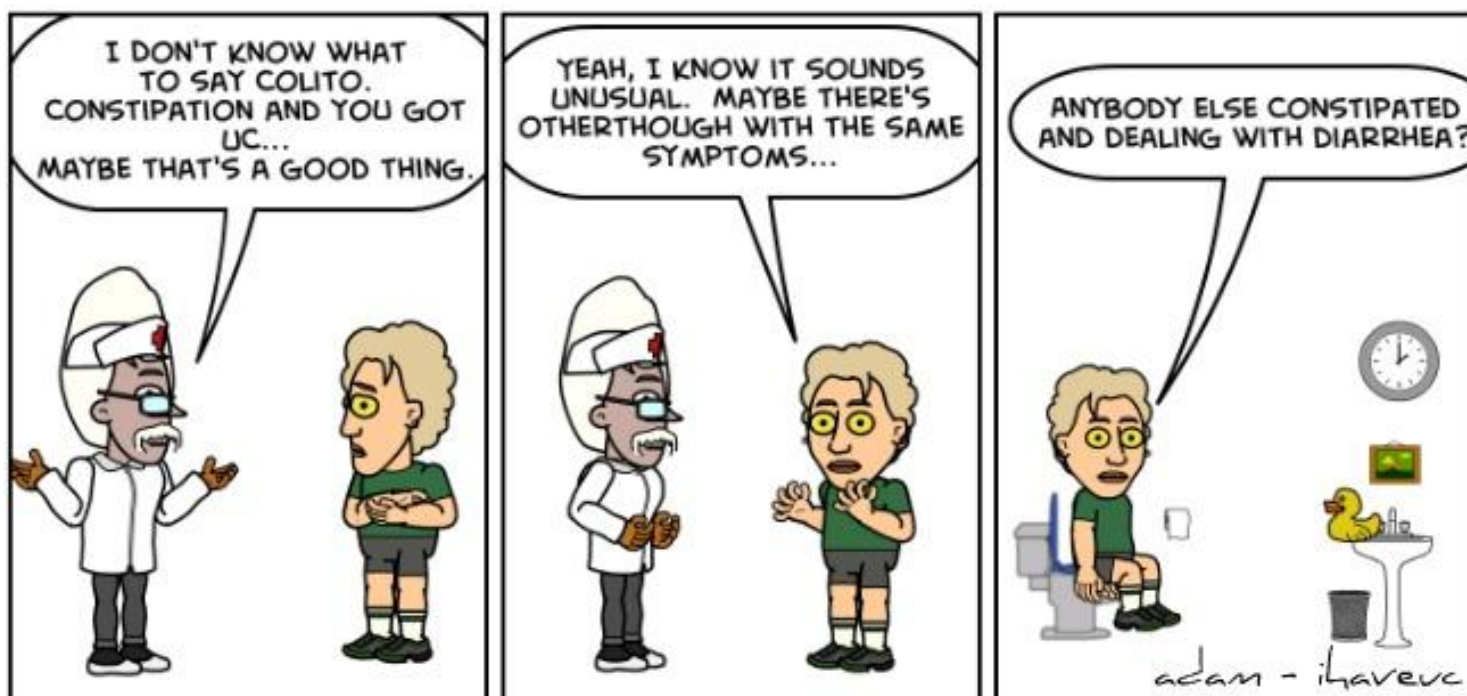
RELAXING TIME!

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COMIC CORNER! !



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