



5 Takeaways

Understanding the Microbiome Series - Herbs that Cultivate an Environment for the Microbiome

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1. **Artichoke leaf is a great prebiotic**
2. **www.usprobioticguide.com is a great resource tool**
3. **Artichoke extracts are helpful in IBS and dyspepsia**
4. **Alginate, or alginic acid, is a good source of prebiotic and helps with GERD**
5. **Spices that are antimicrobial are: turmeric, cumin, ginger, garlic, onions**

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