

March 2017

*Armed with knowledge,  
I am committed to  
creating a healthy  
body, mind, and spirit.*

# Healthy Outlook

My name is Carol Koegel I am the Director of Marketing for **Old Town Natural Market and Deli**. I am passionate and committed to learn, practice and share all that I can to be healthy and whole. I will be providing new information each month that I hope you will find useful and interesting. I will always try to give credit to my sources and welcome any comments or questions you may have.

## WHATS THE BIG DEAL?

### Probiotics

Probiotics are bacteria that help keep the natural balance of organisms (microflora) in the intestines. The normal human digestive tract contains about 400 types of probiotic bacteria that reduce the growth of harmful bacteria and promote a healthy digestive system. \*



Foods that are naturally high in Probiotics

• Yogurt <sup>A</sup>	• Sauerkraut
• Kimchi	• Pickles
• Tempeh	• Miso
• Soft Cheeses (such as Gouda)	• Kefir
• Sourdough Bread	• Milk with Probiotics

Prebiotic-foods feed the good bacteria already living in your gut. You can find prebiotics in foods like asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup, and legumes.

**To learn about the Probiotic Supplement with Phage Technology AND the vast options for adding probiotics to your body, visit; [otmpagosa.com](http://otmpagosa.com) and look under the BLOG tab at the top of the page for the March 2017 Post Healthy Outlook on Probiotics. You can also pick up a printed copy at the store on your next visit.**

## Lemon Limeade Margarita + Probiotics



For this recipe, complete with nutritional information, visit our website; [otmpagosa.com](http://otmpagosa.com) and look under the RECIPE tab at the top of the page.

You can also pick up a printed copy of the February 2017 Healthy Outlook at the store on your next visit. There will be two newsletters this month!

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