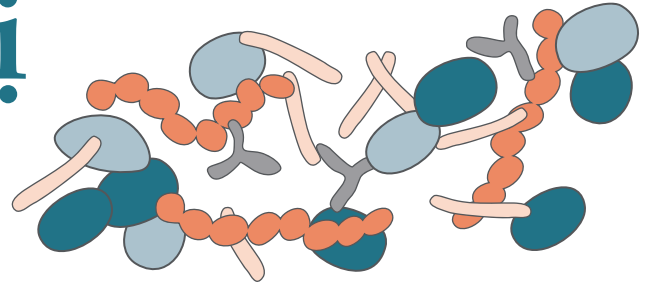


Purobayotikisi



Gịnị bụ purobayotikisi?

Ndi sayensi kowara purobayotikisi di ka irighiri nje di ndu (majikurooganizim) nke, mgbe e nyere ha ole zuru oke, ha enye onye ahụ uru n'ogwọ ahụike ya. Ha nwere ike nyere nje bakitirija ndi anyi na ha bi aka, o kachasi mgbe nje bakitirija anyi nwere ihe imaaka, iji maa atụ site n'ogwu ogbunje, erighi ezigbo nri maobu ime njem. Purobayotikisi di n'otutu nri nakwa erimeri enyemaka nri.

Gịnị ka purobayotikisi nwere ike imere gi?

Purobayotikisi nwere ikikere ikwado ahụike n'uzo di iche iche

- Nyere usoro ahụ ji alụso orịa ogu aka iru oru nke oma
- Kwado mgbari nri site n' ikurisi nri ufodu nke anyi enweghi ike igbari
- Gbochie irighiri nje ndi na-emeru ahụ n'ikpa ike
- Meputa vitamini nakwa kwado ahụ imikoro ihe ndozi ahụ si n'erimeri

Ufodu purobayotikisi nwere ike:

- Nye aka belata afọ osisa nke ogwu ogbunje butere
- Nye aka lekota nsogbu nke mgbari nri
- Nye aka belata afọ mgbu na ugwo n'umuka a muru ohuru
- Nye aka na mgbari nri lakutoosu
- Gwogwofa afọ osisa na-efe efe
- Belata odachi maobu ogologo mgbe nke oria ozuruha na-efe efe, gunyere owa okukuume, mgbirafu na owa otu



Maka ozi ndi ozogaa [ISAPPscience.org](https://www.isappscience.org)
Soro ISAPP na Tuwita (Twitter) [@ISAPPscience](https://twitter.com/ISAPPscience)



Nhoro purobayotiki

Mara purobayotiki gi. Purobayotikisi ka a na-amata sitena udi na udi ha dika otu (jenusu), odidi (spishiizi) na nke o bu kpomkwem (streenu) (iji maa atụ, *Lactobacillus acidophilus* ABC). Ngwaahia nke obula ga-egosiputari njirimara nke o bu kpomkwem (streenu)

Were nke o bu kpomkwem tulekorita uru i choro. O bughị nke o bu kpomkwem niile bu otu ihe. Hu usprobioticguide.com maobu probioticchart.ca.

Ole o ha di oke mkpa. Hukwa na yabu ngwaahia nwere o pekata mpe ogogo purobayotikisi e jiri mee ihe omumu ihe. Nke ka n'onogwu aputaghi na o ka mma. Ogogo nke ihe di ndu na purobayotikisi bu nke a ga-enyeriri site n'ubochi, onwa na afu (deeti) 'o kachasi di mma' (n'abughi oge e meputara ya).

Enyemakanri ka o bu nri? Nke ka mkpa karja enyemakanri ma nri bu inweta purobayotiki nke o bu kpomkwem (streenu) di ire nakwa n'ole oriri ya di ire. Ufodu yugootu, mmiraraehi gbakara agbaka na nri ufodu ndi ozogwore ike nwee purobayotikisi. Choro purobayotikisi e tinyekwuru, deputakwa n'ahu ihe e jiri tinye ya, nakwa nri nke dabara adaba n'udi ihe oriri nke ezigbo ahụike gi.

Nri ndi ozogwore gbakara agbaka? Yugootu e mere nke oma nwere nje bakitirija di ndu ga-enwe ike inye aka na mgbarinri lakutoosu, mana o bughị nri niile gbakara agbaka nwere ngwakor irighiri nje di ndu zuru ihe a kororo purobayotiki. Lee [ISAPPscience.org/fermented-foods](https://www.isappscience.org/fermented-foods)

Nchekwa. Purobayotikisi anaghi enye otutu mmadu nsogbu o bu la, mana gi na dibia nlekota ahụike gi kparita uka ma o buru na i na-arja oria na-aghasa



usoro ahụ ji alụso oria ogu maka nchedo ahụike, nwee ajor oria aputaghi ihe, nwee mkpumkpu mgbirafu, maobu tupu e nye ya nwa a muru ohuru.