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Short Communication

Post-Traumatic Stress Disorder in the Military – A Different Approach. Janine Regan-Sinclair

Shubhangi singh

Shoolini University, India

Abstract

Probiotics are live microorganisms that are intended to have health benefits when consumed or applied to the body. Consumption of food containing live cells of bacteria and that have apparent health benefits has generated interest among consumers. The role of these bacteria for health and bacterial efficacy benefits is being critically investigated. Nature uses microorganisms to carry out fermentation processes, and for thousands of years mankind has used yeasts, moulds and bacteria to make good products. People usually think that the bacteria and other microorganisms are harmful but they can be useful in some ways. Many of the microorganisms in probiotic products are similar to microorganisms that naturally occur in our bodies

Biography

Shubhangi singh is a student Researcher at Shoolini University of Bioengineering and Management Sciences Varanasi, Uttar Pradesh, India

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