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Resources PRE AND PRO BACTERIA

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-creating-a-healthier-you>

<https://www.medicalnewstoday.com/articles/326256>

<https://www.deannaminich.com/eating-for-your-neurotransmitters/>

<https://www.probioticsguide.com/is-a-higher-cfu-count-better-in-probiotic-supplements/>

<https://www.todaysdietitian.com/newarchives/031115p14.shtml>