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September 5th 2019: The BEaUty of Healthy Living, Science and Probiotics

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In Greek “probiotic” literally means “for life,” but should we take probiotics for every ailment in our life? Marketers may lead you to believe that probiotics are useful for everything from depression to weight loss, but is science revealing a different story? Join Sherry Torkos, B.Sc.PhM., R.Ph. as she talks the truth on Probiotics.

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Featured Guest

Guest Image

Sherry Torkos

Sherry Torkos, B.Sc.PhM., R.Ph., holistic pharmacist and author of more than a dozen books on natural health and healing says don't just take probiotics because they are popular, that you need to take them with intention since unlike other vitamins and supplements they are live bacteria.

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