

Probiotics: The Cornerstone of Digestive (and Overall) Health

The Statistics

The overconsumption of processed carbohydrates, sugar and vegetable oils in the Western Diet have made us one of the sickest developed nations in the world^[1].

Our food is mostly absorbed by our digestive systems. When our digestive tracts become dysfunctional due to poor diet, it sets off dangerous reactions that, over time, become a danger to our health. Digestive disorders also cause psychological illnesses such as autism^[2].

Probiotics in Disease Prevention

A delicate balance exists between “bad” bacteria, such as E. Coli, and “good” bacteria such as probiotics (“for life”). When too many “bad” bacteria populate the digestive tract, disease starts to set in.

Probiotics can help restore digestive health by providing a physical barrier that prevents the bad bacteria from attaching to and then moving across the intestinal barrier into the blood.

How Much Probiotics Should I Take?

Although there are over 400 types of probiotics, *Lactobacillus acidophilus* and *Bifidobacterium bifidus* are the most numerous. Mark Brudnak, author of *The Probiotic Solution*^[3], stresses the intake of 4-8 billion probiotic organisms per day which can easily be found in ½ teaspoon of a reputable probiotic supplement.

It is important to understand that an appropriate diet must be followed (minimizing sugar, processed food and eliminating vegetable oils) for optimal health. If not, probiotics will only serve as a “band-aid” that will never completely restore optimal digestive function.

Please read *The Probiotic Solution* (as well as my book review) for more information on probiotics, including their ability to help prevent

- Heart Disease
- Stomach Ulcers^[4]
- Colon Cancer^[5]
- Inflammatory Bowel Disease
- Diabetes
- Yeast Infections



*These bacteria
don't make you
sick but actually
PROTECT you
from disease*

Reference:

1. Starfield, B., *Is US health really the best in the world?* Jama, 2000. 284(4): p. 483-5.
2. White, J.F., *Intestinal pathophysiology in autism.* Exp Biol Med (Maywood), 2003. 228(6): p. 639-49.
3. Brudnak, M., *The Probiotic Solution: Nature's Best-Kept Secret for Radiant Health.* 1st ed. 2003: Dragon Door Publications.
4. Treiber, G., et al., *Clinical outcome and influencing factors of a new short-term quadruple therapy for Helicobacter pylori eradication: a randomized controlled trial (MACLOR study).* Arch Intern Med, 2002. 162(2): p. 153-60.
5. Brady, L.J., D.D. Gallaher, and F.F. Busta, *The role of probiotic cultures in the prevention of colon cancer.* J Nutr, 2000. 130(2S Suppl): p. 410S-414S.