



Probiotics for Wellness and Prevention

Probiotics are species of health promoting bacteria that we require for proper digestion of food and for immune defense against illness promoting bacteria, viruses, and fungi. The term "probiotic" derives from Latin and Greek, meaning "for life" (you can probably guess what the word "antibiotic" really means).

Did you know that to have optimal health we need to be home to over 100 trillion health promoting probiotic bacteria? That's 10 times the amount of cells you have in your entire body! Having the proper probiotic bacteria in your digestive system is essential for your health and wellbeing and being deficient can lead to severe health problems.

Intestinal microflora (probiotics) promote balanced gastrointestinal function and are essential for many metabolic requirements such as synthesizing vitamins and short chain fatty acids and digesting fiber and proteins. Probiotic bacteria are also important for immune function. They directly protect from infection by competing with the unhealthy bacteria, viruses and fungi we are exposed to everyday.

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RESEARCH SHOWS THAT:

1. Probiotic healthy bacteria are ESSENTIAL for health and wellbeing. Dietary sufficiency is necessary for the proper function of the digestive and immune systems and thus for overall health and protection from illness.
2. The Western diet is DANGEROUSLY DEFICIENT in Probiotic bacteria. This deficiency is implicated as a causal factor in alarming numbers of preventable illnesses from infancy to old age.
3. The only way to consume adequate amounts of Probiotic healthy bacteria is through supplementation.
 - Research shows that we now consume one-millionth of the healthy probiotic bacteria that we did before pesticides, herbicides, and industrial farming.
 - Much of our healthy bacteria are destroyed by eating sugars, grains, and

by consuming alcohol, antibiotics, and other prescription drugs.

When introducing probiotics for the first time it is important to begin slowly. A good rule of thumb for the various probiotics available at Real Health is:

- ◆ **Begin with one capsule every other day for the first week**
- ◆ **Take one capsule every day for the second week**
- ◆ **For regular maintenance of gastrointestinal health take two capsules per day**

For optimal results, consume Probiotics after eating raw fruits or vegetables. Children should consume ½ capsule per 40 lbs of bodyweight. Capsules can be broken and then emptied into a drink and consumed. Once the capsule is broken open consume the probiotic immediately. Keeping Probiotics in the fridge or freezer is suggested to maintain maximum organism survival it is not mandatory.

Individuals will sometimes experience certain symptoms from the elimination of pathogenic bacteria in the gastrointestinal tract when beginning probiotics. These symptoms can include diarrhea or constipation, bloating, gas and headaches. Although this process can



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Please pass this on to someone you know who could benefit from this information or chiropractic care!