

Friendly Bacteria

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Good health is not only the absence of illness, it is also the balance of all the body's functions resulting in optimal function and peak performance. Maintaining a healthy body requires an understanding of the basic fundamentals of how our bodies natural defense systems operates. Without a properly functioning defense and immune system, our bodies become polluted and diseased. Unfortunately, most of the symptoms of toxicity go undetected by ourselves, and even conventional doctors. Our poor diet, polluted air, the use of alcohol, tobacco and the excessive use of over-the-counter drugs and dangerous pharmaceutical drugs all create a weakened, stressed body which can not function properly to neutralize and excrete toxins effectively. This leads to a wide variety of subtle, yet chronic health problems such as allergies, pain, inflammation, chronic infections, decreased energy, and many degenerative and autoimmune diseases; even some cancers.

The most basic and fundamental line of defense is a healthy, intact barrier system. The skin, mucus membranes of the mouth, nose, lungs, and the entire lining of the intestinal tract all make up the protective defensive barrier against unwanted foreign particles from invading our blood stream. Luckily, we also have other defense systems within the body. But, our first line of defense is this cellular barrier. If we maintain the structural integrity of this barrier, our bodies other defenses will be better able to combat the many invading pathogens we come across each day.

Besides absorption and transport of nutrients, the cells of the intestinal lining also function as a barrier to pathogenic organism. When the integrity of this barrier is challenged, the barrier becomes damaged. Similar to having a hole in a screen window, the hole will allow bugs to enter the house. Leaky Gut Syndrome is when the intestinal gut mucosal lining has become excessively permeable, allowing unwelcome molecules and organisms to cross the mucosal lining and entering into the blood stream. This causes direct stress on the immune system and possible toxicity in the blood. This transport across the intestinal membrane can be thought of as "unlawful entry", they are not meant to cross this barrier. Once in the blood stream, the immune system must struggle to control the invading organisms and the body reacts in many different ways. The body tries to rid itself of these disease causing pathogens and this results in various unnoticeable digestive, respiratory, and dermatological symptoms. Over time the body can not control this invasion, which leads to further toxicity and symptoms throughout the body. Many of the large invading molecules are deposited in other areas of the body, such as organs, fat cells, and joints. This will later lead to more serious health problems, such as food allergies, inflammation, arthritis, heart disease, auto immune disease and some cancers.

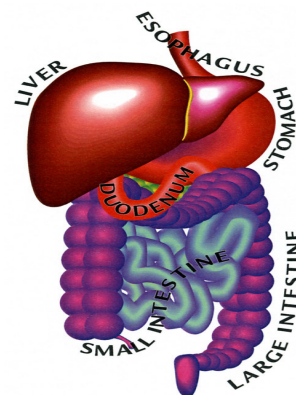
The human intestinal tract contains as many as 100 trillion cells of bacteria with 100 to 400 different bacterial species. Some are pathogens (bad) and some are friendly bacteria necessary for good health. Probiotics is a term used to define substances, which contribute to healthy intestinal microbial balance thereby improving the overall health of the body. By supplying the intestinal lining with the friendly bacteria (*Lactobacillus Acidophilus*, *Lactobacillus Bifidus*) you will help keep this lining strong, healthy, maintain the proper intestinal pH, and prevent the growth of bad bacteria and prevent pathogens from crossing into the blood stream. It is vital to re-establish friendly bacteria in cases of diarrhea, food poisoning and especially during and after antibiotic use. Regular consumption of meat and chicken; which are fed large amounts of antibiotic drugs, is a hidden source of daily antibiotic ingestion in Americans.

The benefits of taking a Probiotic supplement are numerous. Probiotics will help to keep you regular. Constipation is often corrected by ingesting the friendly bacteria because they greatly aid in the break down of bodily wastes, which speeds up the digestive process. Probiotics makes the pH of the colon more acidic, which will inhibit the growth of certain harmful bacteria, yeast, and parasites. Probiotics can increase your immune system by increasing the number of antibodies produced. The more antibodies produced, the more natural protection we have against harmful organisms that can lead to infections and diseases. Probiotics aid in the formation of B vitamins like folic acid, riboflavin, biotin, and others that help protect us against the effects of stress and heart disease. Probiotics are able to breakdown bile acids, which are high in cholesterol, and convert this cholesterol to an unabsorbable form, which can then be excreted. There has been considerable research on Probiotics ability to prevent certain cancers and tumors. Also because good bacteria can influence certain hormones in the body, it is believed that this also may have an influence on cancer prevention.

Therapeutic dosage of Probiotics should be 5 – 10 billion bacteria daily taken between meals, higher doses are required for effective recolonization (100 billion daily) after antibiotic use. Regular use of supplemental Probiotics should be a part of your daily regimen to prevent disease and maintain health. But not just any brand. Don't use cost as a factor in buying supplements. You get what you pay for. Purity and quality will determine the supplements absorption and effectiveness. Cheaper is not equal to quality.

If you have symptoms, which may be Leaky Gut Syndrome, you may need additional nutrients to heal the intestinal lining. Certain nutrients can help to repair the lining of the intestines and close the gaps which allow absorption of undesirable molecules which lead to illness. Please don't ignore these symptoms, your health is your most valued possession. Natural treatment is available without any damaging side effects.

Most drugs do not assist in proper function of the digestive system or contribute to health! Drugs routinely contribute to the cause either directly, or indirectly, to the decline in the function of digestion and in health. Functional nutrition seeks to replace, restore and correct the mal-function of digestion, prevent dis-ease in the body, and maintain health Naturally!



BioGenesis Pro Flora Colonizer Supplies over 9 billion organisms per capsule to promote healthy microflora colonization for a balanced intestinal and vaginal ecosystem. PRO FLORA COLONIZER is a potent and viable combination of *Lactobacillus acidophilus* (LA), *Bifidobacterium* (BB), and *Lactobacillus rhamnosus* (LR). These strains of beneficial intestinal bacteria have a favorable effect on the balance of microorganisms in the human intestine. A healthy balance of intestinal microflora is important for the maturation of the immune system and the structural integrity of the intestinal lining. Probiotics are able to enhance the barrier function of the intestinal mucosa, thus reducing the adherence of pathogens and the absorption of allergens. Probiotics may also reduce allergenic responses and conditions such as leaky gut via mediation of the inflammatory response of the intestinal lining. Probiotic bacteria are also responsible for the synthesis of certain essential nutrients such as vitamins K, B12, and biotin. Pro Flora Colonizer includes state-of-the-art gastric bypass delivery system technology for enhanced, guaranteed intestinal implantation. With MAKTreK technology formulated to safely bypass the acidic environment of the stomach, which allows up to 50 times more probiotics to colonize the small intestine.



MAKTREK BYPASS TECHNOLOGY is a state-of-the-art system that utilizes an innovative polysaccharide complex which acts as a protective barrier to ensure intact delivery to the small intestine. Most probiotic capsules begin to break down upon entering the acidic environment of the stomach, thus exposing their contents to destructive gastric acids and enzymes. The MAKTreK technology provided in Pro Flora Colonizer offers a new level of stability for increased survival rate of microorganisms through the GI tract. As the Pro Flora Colonizer veggie capsule begins degradation by the stomach's acids, water enters the capsule and binds to the MAKTreK polysaccharide mixture, forming an insoluble complex which acts as a secondary protective coating. This coating protects the probiotic bacteria from the harsh acidic environment of the stomach, resulting in a copious increase in intestinal implantation for optimal health-supporting benefits.

LACTOBACILLUS ACIDOPHILUS (LA) inhabits the human intestine and vagina. To date, 56 species of *Lactobacillus* have been identified. LA appears to enhance phagocytic activity of circulating granulocytes. LA may help prevent antibiotic-related diarrhea. In human volunteers, LA has exhibited the ability to inhibit bacteria that convert procarcinogens into carcinogens. Dairy products containing viable strains of LA have been credited with lowering cholesterol in animal experiments. It is theorized that this may be due to reduced enterohepatic circulation.

LACTOBACILLUS RHAMNOSUS (LR) has shown several promising benefits for human health. Specifically, LR has been shown to eradicate *Clostridium difficile* in patients with relapsing colitis. LR has been shown to potentiate intestinal immune response to rotavirus infection in children. By reinforcing the barrier function of the intestinal wall, LR colonization helps manage food allergies. Children with food allergy-induced skin disorders had significant improvement with LR and *Bifidobacterium* strains of probiotics. These bacteria helped balance the patients' Th1-Th2 immune response. LR is better able to colonize the colon than certain other strains of LAB.

BIFIDOBACTERIUM (BB) has been shown to eradicate *Campylobacter jejuni* from the stools of children with enteritis. BB also seems to enhance the phagocytic activity of granulocytes. Children with food allergy-induced skin disorders had significant improvement with LR and BB strains of probiotics. These bacteria helped balance the patients' Th1-Th2 immune response

For Ongoing Daily Foundational Nutritional Support and Health Maintenance I recommend:

UltraGenesis Multivitamin: take 2 capsules with each meal for a total of 6 per day OR

Multigreens: consume 2 capsules with breakfast and three capsules with dinner.

You can safely order these products on our web site: www.NaturalWellnessClinic.com

Go to: Online Store Tab - Biogenesis

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