

# THE CULTURE IN YOUR GUT

Nine strains of bacteria reside in your gut, helping you digest food, fight off illness, and stay healthy.

Courtesy of



## 5 SIGNS YOUR GUT NEEDS HELP

1. Digestive issues, including gas, bloating, indigestion, IBS, diarrhea, and constipation
2. Mental issues, including depression, anxiety, and brain fog
3. Nutrient deficiencies, vitamin and/or mineral
4. Skin issues, including acne, rosacea, psoriasis, and eczema
5. Autoimmune diseases

You ever wonder why people talk about gut feelings? It's because the gut is at the core of who we are, and we need to make sure it's working properly.

The human intestinal system is made up of about 25 feet of tubes that must be colonized with friendly bacteria, called probiotics, in order to keep your immune system going strong. Different friendly flora live in different sections and have different jobs, but all nine strains play an interconnected role in immune health, digestion, and gut health.

The adult human body should be inhabited by approximately 3 lbs of friendly bacteria, but it's common for an unhealthy gut to be populated by up to 10 lbs of bad bacteria. Nine strains of bacteria reside in your gut, each of them playing different roles, all of them together functioning as 80% of your immune system. Your gut is where the majority of your immune cells go to fight off germs so, if your gut is low on the good bacteria, then it's full of illness and disease-inducing bacteria. However, if it's full of good bacteria, bad bacteria have a tremendously difficult time taking root and making you sick.

## GET TO KNOW YOUR ALLIES

**1. *Lactobacillus Acidophilus*** produces lactic acid. It secretes an enzyme called lactase, whose job is to break down lactose (milk, cheese, ice cream, etc.). So, if you're lactose intolerant, it means you don't have

enough *L. acidophilus* present in your gut to successfully break down lactose into simple sugars your body can handle.

Studies show this bacteria can

help reduce LDL cholesterol levels and lower blood sugar.<sup>1</sup> It can also help prevent or reduce diarrhea associated with various diseases<sup>2</sup> and bouts caused by radiotherapy in adult cancer patients<sup>3</sup> and antibiotics.<sup>4</sup>

Even though little is known about IBS, there are positive correlations between the supplementation of this strain of bacteria to treat the symptoms associated with IBS.<sup>5</sup>

*L. acidophilus*, along with all other beneficial bacteria, is most commonly found in yogurt, kefir, miso, tempeh, certain cheeses, and sauerkraut.

**2. *Bifidobacterium Bifidum*** is responsible for breaking down fiber, coating the inner lining of your intestines, and even stimulate your immune system.

*B. bifidum* helps digest sugar while helping keep germs and toxins out of your blood. It also produces essential vitamins like vitamin B12 and K2.<sup>6</sup> All this means that studies show *B. bifidum* can help treat certain infections, IBS, diarrhea, and more.<sup>7</sup>

**3. *Enterococcus Faecium*** comes in many strains but there's a particular strain that provides probiotic benefits. This bacteria is found on your skin, as well as in your gut. It mainly is used as a safe alternative to animal antibiotics.<sup>8</sup>

**4. *Lactobacillus Bulgaricus*** lines the gastrointestinal tract, multiplying when needed and reduces its numbers when all is well. It helps neutralize toxins and kill harmful bacteria by producing its own natural antibiotics.<sup>9</sup>

*L. d. bulgaricus* is linked to decreasing triglycerides and LDL cholesterol. It increases immunity and decreases various digestive issues, including IBS symptoms, diarrhea and nausea, leaky gut and its symptoms. It improves dairy digestion, can help manage HIV symptoms, and fight dyspepsia.<sup>10</sup>



**5. *L. plantarum*** is known for improving your digestion, immunity, and overall health. Just like other bacteria, it produces its own antibiotics when pathogens are present. It also makes lysine, and essential amino acid involved in skin and hair health.

*L. plantarum* excels at helping your body become more resistant to pathogens and boosting your immune system. Digestion-wise, it significantly reduces IBS symptoms, reduces leaky gut, and cuts down on gas. It's also shown to help reduce blood pressure and the risk of kidney stones, pneumonia, certain infections, and shorten the length of colds/flu.<sup>11</sup>

**6. *L. salivarius*** is found in your mouth, small intestine, colon, and the vagina. It plays an important role in dental and gut health. This strain works to keep bacteria levels balanced in the small intestine, which means a big boost to your immune system.<sup>12</sup> *L. salivarius* excels at helping digest

proteins.

Since it's found in your mouth, it plays a role in preventing cavities, gingivitis, and strep throat. It can also reduce mastitis, ulcerative colitis, and IBS, and inhibit candida.<sup>12</sup>

**7. *Streptococcus Thermophilus*** produces antibiotics that help prevent infections like pneumonia, *C. difficile*, and can help prevent ulcers.

**8. *Bifidobacterium Infantis*** is one of the first probiotics a mother passes on to her infant. It primarily improves digestion and protects us against infection and sickness. *B. Infantis* has also been scientifically proven to fight allergies & even help prevent kidney stones.<sup>13</sup>

**9. *Bacillus Coagulans*** typically lives in the digestive tract and has also been shown to decrease IBS, abdominal pain and bloating symptoms.<sup>14</sup>

## 5 WAYS YOU DESTROY YOUR GUT FLORA

1. Drink alcohol, synthetic caffeine, or sodas
2. Eat sugar and artificial sweeteners
3. Eat processed food
4. Use antacids or acid blockers
5. Use antibiotics

It's easy to overlook what's in what we drink. We often focus on quenching our thirst while forgetting beverages affect our health just as much as our food. The thing is, all that caffeine and sugar are poison to your friendly bacteria, yet sustenance to pathogenic bacteria. Your gut flora need nutrient-rich foods to thrive.

So, if you're drinking a lot of soda, alcohol, coffee, energy drinks, and whatnot, you're making yourself

prone to illness and all sorts of digestive issues.

Many poor food choices do two things: 1. Create an environment primed for infectious bacteria, and 2. Acidic foods like sugar, alcohol, coffee, tea and antibiotic-pumped meats exacerbate the problem by kicking good bacteria out of their homes.<sup>14</sup>

You might think it's as simple as making necessary dietary changes. Just switch from all the harmful stuff to foods full of friendly bacteria. In essence, it is that simple. However, here in America in particular, we have an uphill battle. We are one of only a handful of countries whose citizens are missing foods packed with probiotics as part of their regular diet.

While some yogurts have probiotics in them, most contain added sugars that feed pathogenic bacteria. Sugar

is their main food source, and it's been added to virtually every food in America.

Antacids and acid blockers neutralize stomach acids or block acid production altogether. The problem is your body needs that stomach acid to help destroy pathogens, or at least reduce their numbers to amounts your gut flora can handle.

Antibiotic means "against life." Antibiotics are meant to do just that: destroy live bacteria. The downside is that they kill good bacteria in addition to the illness-causing bad bacteria. This leaves behind a literal wasteland of vacant tissues and nutritionally deficient organs. These devastated sites are now open to be colonized by ANY new bacteria, be it probiotic or pathogenic.

## THE GOOD NEWS

Friendly bacteria can bounce back and quickly reassert control of your microbiome if you adjust your diet for the better and save antibiotic use for appropriate emergencies.

And the neatest part? According to an article published through TIME Magazine, science is beginning to return to nature as research shows that the antibiotics produced in our gut biome may steer the future of internal medicine, meaning healthy always comes back to balance within your body to maintain homeostasis.

The results were so robust, says Fischbach, that "we completely changed what we are working on. We stopped working on soil bacteria and started working on gut, skin and oral

bacteria."<sup>15</sup>

If you take steps to feed yourself

well and take care of your gut, you set yourself up to live a long, healthy, and happy life.



# OPTIMAL FLORA PLUS

The only probiotic formulated with all 9 strains of flora that are patent-proven to withstand the acidity and temperatures that destroy most flora supplements.

This was developed with input from the world's leading probiotic authority, Dr. Khem Shahani. It nutritionally helps with upset stomach, fatigue, frequent colds and flu, and sensitivity to dairy products. It also supports intestinal health, improves digestion, and fights against toxins and infections.

What causes flora depletion: stress, carbonated beverages, laxatives, birth control pills, coffee, natural aging, and the biggest one is antibiotics. Antibiotics kill not only harmful strains of bacteria but also the ones we need for health and wellbeing.

## Dosing:

Take 1-3 capsules per day with meals, or as directed by a health professional.

If needed, take 4 capsules three times per day, until the bottle is empty.

| Supplement Facts  |                            |
|---|----------------------------|
| Serving Size: 2 Capsules  | Servings Per Container: 45 |
| Amount Per Serving  | % Daily Value              |
| <b>Optimal Flora Blend</b> 2.5 billion CFU *  | *                          |
| <i>(L. Plantarum, Lactobacillus acidophilus DDS-1™***, Bacillus coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis)</i> |                            |
| <b>Jerusalem Artichoke</b> 100 mg *   | *                          |
| <b>Opti-Blend™ Delivery System</b> 20 mg *  | *                          |
| <i>(Amylase, Protease I, Protease II, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase, Molasses)</i>  |                            |

\*Daily Value not established.

Other Ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate. Patented Organic Zinc, Copper, Manganese.

Contains no added yeast, wheat, corn, milk, egg, soy, glutens, sugar, artificial colors, starch or preservatives.



## REFERENCES

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These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.