

Complete Health Truths

Exploring natural health by getting back to the basics.

What is a Probiotic?

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The Role of Bacteria in Our Body

- There are 100 trillion bacteria in our intestinal tract
- They weigh 3 pounds
- Bacteria protects us from invaders
- The SAD (standard American diet) contains high amounts of sugar, processed food, and toxic chemicals. These feed problem bacteria and deplete good bacteria.

What is a Probiotic?

Probiotic means for life.

Probiotics have active bacteria cultures in them such as lactobacillus, acidophilus, bifidus, and streptococcus.

Probiotics work by crowding out disease causing bacteria, virus, and yeasts.

Probiotics should be started right after the use of antibiotic therapy.

Probiotics should be taken with food.

Benefits of a Probiotic

- Help fight disease
- Purify the intestines
- Assist digestion
- Protect intestinal mucus
- Prevent diarrhea and constipation
- Enhance bowel elimination
- Decrease menopausal symptoms
- Improve immune system
- Increase nutrient absorption
- Decrease migraines

- Minimizes Candida (yeast problems)
- Decreases acne, psoriasis, eczema

Symptoms of Lack of Probiotics in Your Diet

- Chron's disease
- Gastritis
- Ulcerative Colitis
- Allergies
- Skin Conditions
- Frequent Cold or Flu

Enemies of our Intestines

Antibiotics kill healthy bacteria in our intestinal tract.

Antacids allow harmful bacteria to pass through the stomach to the intestines.

Laxatives cause the body to grow lazy at expelling feces. They also cause harmful bacteria to remain in the colon instead of being eliminated from the body.

Stress slows the action of the digestive system, decreases the production of digestive enzymes, and allows harmful bacteria to remain in the colon.

Excess carbohydrates are not digested and remain in the colon where they attract problem microbes. This creates fermentation (intestinal gas) which can injure the lining of the intestinal tract.

Oral contraceptives make the intestines more alkaline and less acidic which encourages the growth of problem bacteria and yeasts.

Foods Rich in Probiotics

- Plain yogurt
- Kefir
- Raw sauerkraut

Test Your Probiotic

Drop a few caplets of your probiotic into 2-4 ounces of milk. Let the milk set at room temperature for 24-48 hours. If the probiotic is good (meaning it produces enzymes that break down or digest food), it will make the milk curdle and thicken like a yogurt consistency. If the probiotic does nothing to milk, it is probably doing nothing for your body either.

Check out this Probiotic that I highly recommend [HERE](#).

Resources and Further Reading: (Decide for yourself if you need a probiotic in your diet.)

The Maker's Diet by Jordan Rubin

Restoring Your Digestive Health by Jordan Rubin & Joseph Brasco

The Body Ecology Diet by Donna Gates

The Great Physician's RX by Jordan Rubin

Dr. Mercola's Total Health Cookbook & Program by Dr. Mercola

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