WHY WE NEED PROBIOTICS

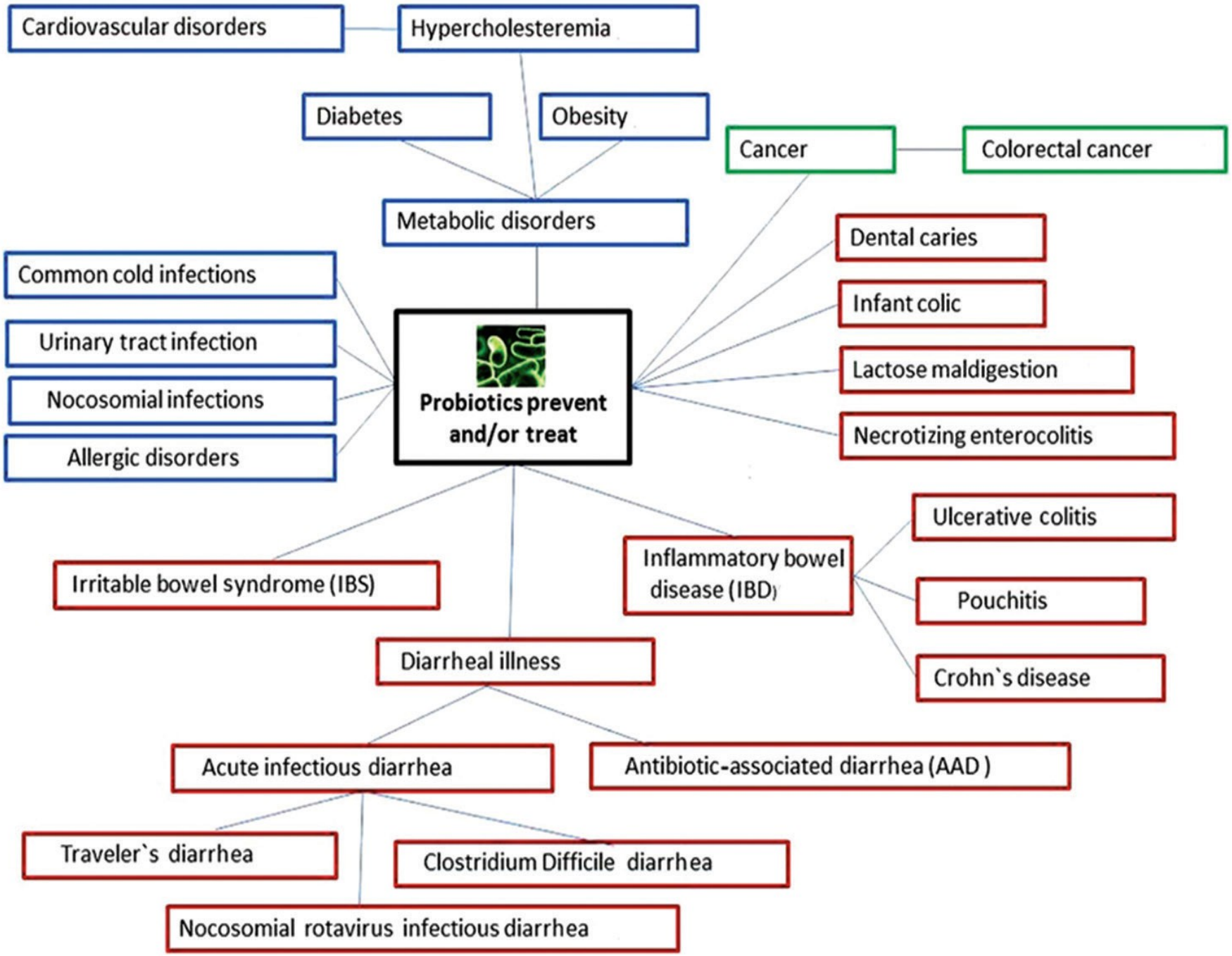
The average person has 1-2kg (over 2-4 lbs) of healthy gut bacteria (mircrobiome).
Laid end to end, our body's bacteria would circle the earth 2.5 times!

What destroys our gut bacteria?? Medications especially antibiotics & vaccines, processed foods, GMO foods, pesticides and herbicides, alcohol, excess sugar, fungal and bacterial infections, tooth and mouth disease, negative emotions (anger, fear, resentment), parasites, fluoride in city water.

Healthy Bacteria and Probiotics:

~ aids in digestion
~ consistent bowel movements
~ needed for serotonin and melatonin production
~ improves overall energy
~ improves brain cognition and health
~ reduces Autism symptoms
~ helps prevent food allergies
~ reduces obesity
~ prevents gas, bloating, nausea
~ prevents parasite overgrowth
~ keeps harmful bacteria & fungus under control
~ needed for vitamin and mineral absorption
~ decreases risk of ulcerative colitis
~ prevents insomnia and sleep disorders
~ prevents mood disorders and depression
~ breaks down and digests food
~ prevents nutrient deficiencies
~ reduces asthma symptoms
~ necessary for strong immune system
~ prevents Irritable Bowel Syndrome (IBS)
~ needed for the bio-creation of vitamins like B and K

See Diagram below


Cardiovascular disorders
Hypercholesteremia
Diabetes
Obesity
Metabolic disorders
Cancer
Colorectal cancer
Dental caries
Infant colic
Lactose maldigestion
Necrotizing enterocolitis
Common cold infections
Urinary tract infection
Nocosomial infections
Allergic disorders
Probiotics prevent and/or treat
Irritable bowel syndrome (IBS)
Inflammatory bowel disease (IBD)
Ulcerative colitis
Pouchitis
Crohn`s disease
Diarrheal illness
Acute infectious diarrhea
Antibiotic-associated diarrhea (AAD)
Traveler`s diarrhea
Clostridium Difficile diarrhea
Nocosomial rotavirus infectious diarrhea