



WHY DO I NEED TO BE TAKING PROBIOTICS?

Within our guts are thriving colonies of trillions of bacteria. Normally these bacteria support the proper function of the digestive and immune systems. But when unhealthy organisms take the place of the healthy bacteria, a condition called "dysbiosis," we are at risk for a number of health problems.

A number of factors play a role in tipping the balance toward dysbiosis. The overuse of broad spectrum antibiotics is one of these factors, as an antibiotic will not only kill bacteria causing infection, but also the healthy bacteria in the gut. Another factor is the widespread consumption of diets high in fat and refined simple sugars, while deficient in nutrients and fibre found in whole, unprocessed foods.

Probiotics replenish the healthy bacteria and are valuable both in a preventative approach to health and in the treatment of specific conditions. A high-quality probiotic provides the following benefits to health:

- Supports the breakdown and absorption of foods and nutrients
- Supports healthy immune balance
- "Out competes" the harmful bacteria, yeasts and parasites in the gut
- Protects the cells and lining of the digestive tract

There are a number of high-quality probiotics that have been studied clinically in the treatment of all kinds of conditions. But not only are probiotics valuable in treatment, they are extremely valuable in prevention.

Probiotics are an important part of treatment for the following conditions:

- | | |
|----------------------------|------------------------|
| • Ulcerative Colitis | • Weakened Immunity |
| • Crohn's Disease | • Eczema |
| • Diverticulitis | • Psoriasis |
| • Irritable Bowel Syndrome | • Allergies |
| • Constipation | • Multiple Sclerosis |
| • Diarrhea | • Rheumatoid Arthritis |