



Wellness Minute

Health Information You Can Use On Your Path To Wellness

BENEFITS OF A Digestion "Tune-Up"

More Energy
Weight Loss
Mental Clarity
Improved Elimination
Stronger Immune System



A Digestion Tune-Up

"Digestion is so central to health, in many cases, when digestion is addressed, you can feel a dramatic difference right away."

Why do so many people have digestion issues? The answer may surprise you; but first, are you aware that life and death begins in the gut? That's why it's common for your wellness clinician to address digestion at the onset for what "may seem unrelated" health concerns.

Digestion is so central to health, in many cases, when digestion is addressed, you can feel a dramatic difference right away. Clinicians often use a test called the comprehensive stool digestive analysis. The stool is cultured and examined to see what kind of bacteria, amoebas, parasites, or what kind of fungal forms may exist.

Two things are common: one, there is a proliferation of bad bacteria or bad "bugs," and

secondly, there's an absence of healthy bacteria. It's the chicken and the egg scenario, which came first? Did the bad bacteria come first and crowd out the good bacteria, or was it an absence of good bacteria that allowed the proliferation of the bad bacteria?

A conservative approach is to feed the good bacteria. An overgrowth of "bad bacteria" can be caused by: stress, which causes a change in the pH of the bowel allowing the healthy bacteria to not proliferate as they should; low fiber, which starves out the healthy bacteria; a sugar laden diet, which feeds the bad bacteria; high trans-fats or hydrogenated oils, which then have a negative effect on biliary function. We need healthy bile

flow to create the proper pH and to have the optimal transit time necessary for the proliferation of good bacteria.

Overgrowth of bad bacteria can also be caused by antibiotics, and whether we take the prescription or consume commercially prepared antibiotic tainted meat (chicken, beef, or pork), we're getting the side effect of those antibiotics. What about eating too fast? This can cause the growth of bad bacteria. If we eat too fast, we're not digesting our food properly, and our enzymes are not killing the bacteria that are naturally present in our food.

So, if you think about it, many people have one or more of these factors. The more research accumulates, the

This is a transcript from a "video magazine" we send out each week called the Wellness Minute.
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more we find that digestive problems are a contributing factor to just about every condition.

A huge part of fixing the GI tract is balancing the gut micro-flora. Healthy probiotics that contain "good bacteria" have been shown to improve digestive function, to balance the gut immune system, to increase the growth of anaerobic bacteria, to decrease bad or unfriendly bacteria, and to reduce leaky gut. Probiotics are a big factor in maintaining a healthy GI barrier, which selectively blocks unhealthy organisms and antibodies from entering the blood stream. Healthy probiotics have also been shown to improve liver function, to regulate the immune system, and to benefit healthy gastro-mucosal linings.

Dr. Gary Lasneski took all the commercially available bacterial strains that had really solid research and put them to the test. First, he tested them individually to see which were the best strains. Then he tested them in combination to find the correct ratios. He then tested a variety of prebiotics that are valuable to make sure that the healthy bacteria can grow, kind of like putting starter fertilizer on new grass.

As a result of his extensive research, Dr. Lasneski developed BioDoph-7 Plus. BioDoph-7 Plus is a prebiotic/probiotic formula with over 20 billion healthy bacteria per capsule. If you're getting 20 billion viable or living organisms per

capsule, you're going to get a strong dose of the healthy bacteria. The prebiotics in BioDoph-7 Plus contain inulin, which increases the growth of the bifidobacterium; arabinogalactans, a soluble fiber which has a positive effect on the immune system of our bodies; also marsh-mallow root, which is very effective for healthy mucousal lining. That's where the bacteria live... in the mucosal lining. The marshmallow root helps to grow nice healthy mucous, so healthy bacteria have a place to "hang out."

Ask your clinician about BioDoph-7 Plus. The BioDoph-7 stands for seven different, effective and balanced strains of probiotics. The Plus stands for the added prebiotic nutrients.

One of the reasons I've been enthusiastic about BioDoph-7 Plus is that as far as probiotics go, it is inexpensive, but more importantly because it's clinically solid. The feedback we get is very encouraging. If you've taken probiotics before, remember, everyone needs and will benefit from a periodic "re-seeding" with a probiotic to maintain healthy bacteria.

Improving your digestion can work wonders for your overall health, including more energy, weight control, a better metabolism, mental clarity, a stronger immune system, and the list goes on. Talk with your clinician about prebiotics and probiotics and ask about BioDoph-7 Plus.