

Probiotics and the Garden Within

Recently, we talked about Supplemental Digestive Enzymes; which help to break down our food in the early stages of digestion. Our Simplexity Health Digestive Enzyme products, **SBG Zymes** and **SBG Zymes Plus** help to turn our food into liquid and by doing this all the micro-nutrients inside our foods become more bio-available to the cells in our body.

What happens next requires an understanding of one of the most complementary and biomodulating “organisms” inside the human body: **PROBIOTICS**.

Probiotics (from the Greek meaning “for life”) are beneficial bacteria that inhabit the entire gastrointestinal tract. Although digestive enzymes are necessary for optimum digestion, that’s only half the story. The other half and the primary reason to make sure that all the foods we consume are effectively broken down in the first place; is the necessity for efficient *absorption* and *assimilation* of nutrients. Ideally, nutrients are effectively **absorbed** through the delicate lining of the small intestine and finally **assimilated** into the blood and lymph fluids, eventually finding their way into all the cells of the body. Throughout the length of the small and large intestines, trillions of “friendly bacteria” exist to assist in this most important of nutritional processes. The two most dominant strains or types of probiotics are Acidophilus and Bifidus.

Acidophilus is the strain of friendly bacteria that dominate the region of the small intestine and help to maintain the proper pH in that area of the digestive system. Tiny acidophilus bacteria populate the entire surface area of the billions and billions of micro-villi extending in delicate, finger-like projections from the circular walls of the small intestine. These micro-villi represent our literal internal ROOT SYSTEM. It is here that the micro-nutrients from our food enter the bloodstream...through the micro-villi with the assistance of the acidophilus bacteria. No acidophilus? No healthy micro-villi. No healthy micro-villi? No absorption of nutrients!

When acidophilus bacteria have been weakened or destroyed by stress, drugs, antibiotics, food additives, chlorinated water, etc. we suffer an almost endless list of health problems, starting with mal-absorption of nutrients and ending with severe auto-intoxication. Auto-intoxication means that the body has become filled with metabolic toxins because the nutrients that cells need to detoxify themselves never arrived. One big reason why they never arrive for some people...is because the absorption and assimilation of nutrients in the small intestine is not happening very efficiently...and that’s not happening because of either NO

PROBIOTICS OR POOR QUALITY PROBIOTICS. (and possibly combined with an overgrowth of bad bacteria and “bad” microorganisms.)

Another important benefit of acidophilus bacteria is the ability to produce a variety of B-vitamins, including B-12, biotin, folic acid; THESE NUTRIENTS ARE ESSENTIAL IN STRENGTHENING OUR IMMUNE SYSTEM; and vitamin K. Acidophilus produces acidophilin, a natural antibiotic designed to eliminate a wide variety of pathological bacteria that can easily enter the digestive system via food, water and air supplies.

It’s possible that the most powerful, safe and effective antibiotics on earth are those antibiotics manufactured and produced by the healthy bacteria, the probiotics in our own body. Imagine that.

Lastly, acidophilus is an aerobic bacterium, which means it eagerly uses all the available oxygen in the small intestine to create an anaerobic environment further along the digestive tract. This works in favor of certain OTHER important friendly bacteria like *bifidus*, and against many of the toxic ones.

Let’s find out about Bifidus...

Bifidus is the dominant strain of friendly bacteria inhabiting the Large Intestine. Like all probiotics, bifidus produces natural antibiotics and vitamins, helps to regulate pH, and plays an important role in nourishing and strengthening the flexibility of the intestinal wall; which in the Large Intestine is called the Colon. When *Bifidobacterium bifidum* are maintained in healthy abundance, many of the chronic problems related to Irritable Bowel Syndrome (IBS)--including constipation, diarrhea, cramping, bloating, excessive gas; are NOT experienced on a regular basis. Bifidus play an instrumental role in assisting the large intestine to optimize its functions; that is, to absorb what little water remains in our digested food and eliminate all remaining waste as quickly and easily as possible. In other words, Bifidus helps in the regaining and maintaining of normal and regular bowel movements.

Spectrabiatic is a unique and proprietary blend of Jerusalem artichoke, acerola, rose hips, Omega Sun blue green algae, and eight important, though less dominant, beneficial bacteria, including *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus casei*, *Lactobacillus bulgaricus*, *Lactobacillus plantarum*, *Lactobacillus salivarius*, *Streptococcus faecium*, and *Streptococcus thermophilus*. Each one of these additional probiotic strains share functions and benefits similar to acidophilus and bifidus.

With the addition of key digestive enzymes (lipase for fats, amylase for carbohydrates, protease for proteins, and cellulase for fiber), Spectrabiatic stands out as a unique and exceptional formula in the marketplace of digestive system aids.

What is the best way to use or take Probiotics?

The best way is to use them or take them is in combination with Digestive Enzymes before meals. Once again, it is important to experiment with the amounts, so you can find out directly what works best for you. Sometimes two or three capsules is enough, depending on what you are eating; sometimes more is more helpful. As a rule, I have had a lot of great results by recommending the habit of taking one packet of Essentials before meals; Which is two capsules of blue green algae, two capsules of enzymes and two capsules of probiotics (one acidophilus; one bifidus) and if that is not enough you could take two packets of Essentials before meals; or just extra enzymes, extra probiotics or both. The key is to **experiment** and find out what is going to work best for you.

Let's summarize the benefits we should expect to experience when we use probiotics correctly:

The benefits from the proper use of probiotics are important, if not transformational. The health and strength, flexibility and responsiveness of our Immune System, depends in large part on the health of the intestinal flora and the by-products of our intestinal flora. Probiotics is another word for intestinal flora.

- Probiotics assist in the absorption and assimilation of nutrients from our foods to our blood and from there to every single cell in our body.
- Probiotics help to maintain proper pH balances throughout the digestive system and this helps to minimize or eliminate indigestion, heartburn, gas, bloating, abdominal cramping and other physical discomforts.
- Probiotics help to prevent the growth of unfriendly micro-organisms in the gut, like candida albicans which is an opportunistic yeast.
- Probiotics manufacture b-vitamins which are essential in the production of the antibody producing components of our Immune System; like macrophages and natural killer cells.
- Probiotics manufacture and release their own natural antibiotics which is the subject of much research...and one very important reason why people with healthy gut bacteria get fewer colds and flu and other illnesses.

- Most importantly, probiotics insure a happy, peaceful, quiet belly. When probiotics are working effectively in your digestive system you hardly notice it is even there. You hardly notice you even have a digestive system except when you eat and when you eliminate; and that may be one of the most important benefits of all. When the probiotics in your gut are healthy and effective, the daily elimination of waste from the foods you eat as well as the metabolic toxins from normal cellular activity throughout your body; happens easily, effortlessly, regularly, quickly and quietly.

A happy, peaceful, quiet belly is one of the most important and one of the easiest ways to make sure the rest of your body feels quiet and peaceful and happy and well-rested, so that you can experience the pleasures of vitality and energy and radiant health and well being. The quality and the quantity of the ENERGY we feel every day is a direct result of how well or how poorly the probiotics in our digestive system are functioning. Nourish your digestive system every day with the best quality probiotics...and all will be well.

Some Additional Information About Probiotics

“You often hear about ecology, the relationship between organisms and their environment. Within your body there is an entire miniature ecosystem, a *micro-ecology*, which has a major influence on your health. This inner ecology is made up of the microflora, more than 400 species of microscopic living bacteria, creating an internal environment that is diverse, complex, interrelated, and everchanging. This population, although minute, is so enormous that the number of microbial (bacterial) cells in our body at any one time is greater than the total number of all the other cells in our body. The microflora are essential to our well-being. These bacteria provide very real beneficial effects. They limit the populations of harmful bacteria. They assist in the process of digestion. They manufacture essential nutrients. When our gut ecology is in balance, we thrive.”

- Nigel Plummer, Ph.D.
From, *Optimal Digestion*

Another quote:

“Alexander Fleming, who discovered penicillin, did caution his fellow scientists at the time that penicillin did not kill all bacteria, and that certain strains would easily become penicillin-resistant in time. What Fleming, and the other *microbe-hunters* did not realize was that antibiotic-resistance (on the part of pathogenic bacteria) was **not their only worry**. They failed to see that when antibiotics kill or inhibit the growth of harmful disease-causing bacteria, (like strep, staph, e-coli, etc), that they also kill or inhibit the growth of helpful (probiotic) strains like acidophilus and bifidus and many others.

When this occurs, **the garden within** is so altered that in many persons, the **weeds** start to take over (the **weeds** are the pathogenic and unfriendly bacteria and other negatively inclined and very opportunistic microbes). One of the most common weeds is a yeast called **Candida Albicans**. Another is an organism called **clostridium**...the source of toxins that cause botulism. Others include those that cause salmonella and shigella diarrheas. These opportunistic organisms, once they gain a foothold and start growing, can cause a wide range of health problems, ranging from recurring **yeast infections**, to depression, chronic fatigue, sinusitis, and a complex array of both mental and physical illnesses and diseases. It should also be noted that this is not just a problem for humans. Veterinarians, farmers and microbiologists see problems of a similar nature in cows, horses, poultry, and a variety of pets, when they receive feed containing antibiotics.”

Keith W. Sehnert, M.D.
From, *The Garden Within*

Insults to the probiotics in our digestive system include:

Antibiotics, alcohol, antacids, all drugs, coffee, tea, all sources of caffeine, chlorine in our drinking water, (and chlorine in our bathing water too!) chronic dehydration, lack of exercise, too much negative stress in the forms of worry, anxiety, not enough sleep, overeating, anti-depressant drugs, carbonated beverages, (even carbonated water) cigarettes, any inhaled tobacco smoke, chewing tobacco, most commercial grade tobacco products, processed foods in general, food additives, preservatives, coloring agents, flavor enhancers, artificial sweeteners, dairy products, microwave ovens, excess sugar in any form, excess consumption of fruit juices from concentrates, excess meat consumption, excess flour products consumption, (breads, pastries, baked goods, etc) exposure to environmental pollutants, solvents, chemical cleaning agents, pesticides, herbicides, fungicides, petro-chemical out-gassing from plastics in various building materials and supplies, carpets, flooring, wallboards, glues, magic markers, clothes made from certain synthetic fibers, paints, paint thinners, eating too late at night, eating or drinking anything too cold, not chewing, mindlessness...

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(edited and revised in October, 2012)