

Why Probiotics?

Probiotics are “beneficial bacteria” that live inside the human body primarily in the small and large intestines.

In a healthy human body you will find up to ten pounds of healthy bacteria! The number of bacterial cells that make up this probiotic ecosystem living in our intestines (also known as, The Microbiome) are in the hundreds of trillions!

In a healthy body the “balance” between the “good” bacteria (probiotics) and the “other” type of organisms should be around 80-20. When this healthy balance of organisms is maintained, your digestive system will manifest the symptoms of digestive wellness: normal digestion, very little gas, no bloating, no discomfort, regular bowel movements, good energy, clear skin, good sleep, good mood, etc.

When the bacteria in the human gut are living in balance, or in “symbiosis” they do amazing things! Probiotics are responsible for maintaining proper pH levels in the digestive system. With proper pH levels there is no cramping, bloating or discomfort caused by excessive gas. Probiotics produce natural antibiotics thus killing off many pathological organisms that would otherwise make us sick. Probiotics produce B vitamins which are essential components of our immune system. And probiotics assist in the absorption and assimilation of nutrients from inside the intestines through a series of blood vessels into the liver and from there to all the cells in our body! Probiotics do all these things and much much more!

Unfortunately in millions of human body's around the world this healthy balance of bacteria is “off” and this results in a condition called: intestinal dysbiosis. As you know from reading my book, “intestinal dysbiosis” is the fourth root cause area of all digestive system disorders.

When dysbiosis takes over its not enough to simply take probiotics or eat better and pay attention to your habits, although those three changes are always beneficial.

It's just that when dysbiosis really takes over and dominates the ecosystem of organisms inside our intestines, the only thing that works is to physically remove all those pathological organisms and replace them with probiotics.

How to walk yourself through a comprehensive colon cleanse and reconditioning with highly specialized herbs is described in my book on pages 133 – 140.

The probiotics I use and recommend are described on page 132.

The most important thing we can do to make sure our body is healthy and functioning normally is to make sure our ecosystem of bacteria are in balance.

If you don't restore the human microbiome to its ideal 80-20 balance it's likely that no other changes will be enough. This is very frustrating.

The good news is that restoring the microbiome to balance is relatively easy and it's all explained in my book!

As you look at the testimonials on my website, everyone experienced benefits from improving hydration, increasing micronutrient intake, balancing the macronutrients of protein, carbohydrates and fats from whole foods sources and managing stress by understanding the differences between complementary and insulting habits...but...when the symptoms of digestive illness are present...the most important area to address, resolve and return to balance...is the gut bacteria, the microbiome...Probiotics!

Probiotics is definitely one of the things that nourishes our cells best!

Let's be healthy together, today and always,

Russell Mariani
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