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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Disease Begins in the Colon – Use Friendly Bacteria For Good Health

By Jeannie Crabtree

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When going in for an exam with the doctor or health care practitioner, have you ever been told that researchers believe that 90% of all disease and disorders begin in the digestive tract?

Why does disease begin in the digestive tract? Your digestive tract is your first line of defense when it comes to your health. This is because of the good bacteria that resides there.

Think of the good bacteria as guards against incoming invaders. Having a good number of these beneficial bacteria in our digestive tract guards us against a whole range of health problems and disorders. 85% good bacteria to 15% bad bacteria is just about right

Sadly, because of such things as stresses of modern life, the antibiotics you may have taken and having a digestive system that is not slightly acid, you likely do not have enough of these good bacteria. This has a great affect on your health and well being.

Benefits of Probiotics

Good bacteria have an antiviral, antibiotic action and also have anti-cancer properties. It has even helped those with migraine headaches and glaucoma. It really is an immunity booster from within.

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Many other illnesses and diseases can benefit from the use of Probiotics: Auto immune disorders, digestive disorders, Crohns disease, Irritable Bowel Syndrome, Diverticulitis, Chronic Fatigue Syndrome, Allergies, and Low immunity

Not all Probiotics are created equal.

You want to be aware that not all Probiotics are created equally. Quality of a Probiotic may be different from brand to brand. It depends on how it was made and how long the fermentation process, which is very important, was allowed to go on

I am pretty choosy about what I use. As a health consultant I use one that has been in the fermentation process for 5 years. It's "live" 5-year fermentation process combines 12 micro-activated strains of beneficial lactic acid bacteria (including the proprietary TH 10 strain) with 92 specifically chosen organic* vegetables, fruits, seaweeds, leaves, barks, herbs, and spring water, all hand gathered and carefully harvested from the mountains and seas of Japan.

Why the vegetables, fruits and seaweeds in the mixture?
These are providing the pre biotic nutrient needed to help nourish the Probiotic bacteria.

This brand of Probiotics is very impressive.

The proprietary TH 10 strain has been proven effective in vitro against the most virulent pathogens including the MRSA (Methicillin-resistant Staphylococcus aureus) superbug, E coli-157, H. pylori (the cause of peptic ulcers).

Probiotics are a necessary part of having a good wellness/prevention program nowadays. I strongly suggest that you start on Probiotics before you begin to show signs of illness and disease. If you are all ready sick, You will improve your immune system and turn many illnesses around with Probiotic use. Start today!

Jeannie Crabtree has been a Health Consultant for over 25 years. Healthy Solutions will give you health tips and researched advice about suplemnents, health and wellness. Get your copy today.

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Caring For Your Colon

By Bill Ronin

The instance of colon cancer is on the rise. Colon cancer, like heart disease, is considered a twentieth century disease, as it was basically unheard of before the early 1900s. Most professionals consider colon cancer to be directly related to diet.

Taking better care of your colon and thus lessen the risk of colon problems or cancer can be accomplished by changes in your diet, exercise routine and lifestyle. Of the three, diet is the most important.

Lack of fiber in the diet is the number one cause of colon difficulties. Fiber helps the colon to function properly. By simply adding more breads and legumes to your diet can help keep your colon doing its job and allow your bowels to empty regularly. Soy products and increased calcium intakes have also been linked to positive colon health.

Water is essential to all parts of the body, but especially important in forming proper stools and colon elimination. The old adage of eight glasses per day is still true today. Soy products and other calcium rich foods can also be beneficial to colon health and well being.

Exercise is vital to colon health. Regular exercise, even simple walking, helps the colon by allowing the toxins to continue to move through the body. Sedentary lifestyles contribute to colon difficulties by forcing the GI tract into cramped and stifled space.

One of the worst things you can do to your colon is waiting to pass the stools when you feel the urge 'to go'. By not allowing your body to function, as it needs to, the stool backs up in the colon and begins to decay. Holding back can also lead to either constipation or diarrhea, depending on the toxins in the stool. By promptly discharging the stools as needed, the body rids itself of the toxins and thus keeps the colon and the entire GI tract healthy.

Minimizing the risks of colon problems can reduce the risks of other debilitating illnesses such as appendicitis. Good colon health can also prevent nutritional deficiencies. Any signs of constipation or diarrhea should be taken seriously and if they persist, should be discussed with your physician immediately.

Bill Ronin writes about colon care and health. For more information about colon care, visit the following url:



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