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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!**

**THE "FRIENDLY" BACTERIA Necessary To Health!**

**By Lena Sanchez**

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© By Lena Sanchez

Yes, there is a friendly and necessary bacterium required to stay health. Let me tell you a true story.

17 years ago, my 2 year-old grandson had been having diarrhea for weeks and nothing seemed to stop it. The doctor had given prescriptions and a diet that wasn't touching it. After two weeks of diarrhea it had become watery and blood tinged making my grandson one tired and cranky little boy as his system was unable to absorb nutrients from his food or vitamins. One day a dietitian friend was visiting us while I had my grandson for the weekend and I told him how perplexed I was at what to do for this child. My friend, said to give him a glass of acidophilus milk and it will clear it up. He went on to explain that the system was devoid of friendly bacteria namely lactobacillus among others and acidophilus milk had the friendly bacteria. I told him my grandson was allergic to milk but he informed me that even people allergic to milk can take the acidophilus milk without a problem...

After giving my grandson a glass of the milk he was fine within a few hours.

That grandson had chronic ear infections from the age of 9 months until he had tubes put in his ears at the age of five and was on antibiotics off and on the whole four and

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something years, which killed off the friendly bacteria and made it necessary to add probiotics to his system on a weekly basis. He is now a healthy 19-year old college student getting straight 4.0 average!

As the years went by I came across adults in the medical Offices where I worked that were having the same problem and I prescribed the same treatment, behind the doctors back, and miraculous things happened for them as well.

At the beginning of my learning about friendly bacteria It wasn't available for sale other than the acidophilus milk.

But in the last ten years friendly bacteria has become available in health food stores in tablet and capsule form, some will work well while others aren't as effective.

What is the "friendly" bacterium?

Acidophilus is actually a strain of bacteria, a beneficial one that naturally inhabits the stomach and bowel, but a "germ" nonetheless. Despite its lineage, it can be helpful in a number of healthful situations, most of them involving digestion and bowel function. When the body fights germs they are usually expelled through the bowels and/or urinary tract, therefore making it a necessity at that time to have a tip-top conditioned intestinal tract.

Yeast infections are a sign of way out of balance intestinal Flora! Balance it and yeast will scurry...

According to the Colon Health Handbook, a healthy colon should contain at least 85 percent lactobacillus and 15 percent coliform bacteria. However these days, the typical colon bacteria count is the reverse, resulting in excessive gas, bloating, intestinal and systemic toxicity, constipation, and malabsorption of nutrients. Acidophilus can help to detoxify harmful substances.

Unfortunately, these bacteria can be killed off by age, oral contraceptives, aspirin, corticosteroids, poor diet, sugar, stress and taking antibiotics, causing an imbalance of the "friendly" bacteria. Supplementing with acidophilus can result in reversing that condition and maintain a healthy intestinal flora.

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These friendly bacteria help digest food, produce essential vitamins and help keep bowel function normal. Acidophilus supports and maintains the growth of the Lactobacillus bifidus in the intestinal tract. Studies at the University of Nebraska Medical Center have shown that Lactobacillus G.G. can enhance immunity, and hints that other strains of probiotics may deter arthritis, delay colon cancer and lower bad cholesterol.

Due to our fatty fast food diets, now so prevalent, along with the OTC (over-the-counter) drugs and prescriptions given freely, the intestinal tract in the majority of Americans are lacking in proper friendly bacteria to promote a healthy intestinal tract. Therefore we have a huge number of polyps, colon cancer and Irritable Bowel Syndrome's running around and the majority can be prevented with

practicing colon health by making sure your intestinal tract has a balanced friendly bacteria.

Balance by taking a complete ProBiotic supplement at least two or three days a week if not having any health problem. But if a health problem exists take daily until you return to normal eating habits and/or are off medications...

People with a sweet tooth or meat and potatoes only people need ProBiotic's daily!

If you are taking an antibiotic take a ProBiotic twice a day while taking the antibiotic and then for a full week after.

My choice is a tasty chewable that works great for my family and friends if you want to know what it is <mailto:health@antibiotic-alternatives.com?subject=ProBioticRec>

\*\*\* Lena Sanchez Author of "Handbook Of Herbs To Health & Other Secrets," "Antibiotic Alternatives To Preventing Mega Bacteria," & "Dangers & Secrets Doctors Refuse To Tell You." Found online at <http://www.antibiotic-alternatives.com>  
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### **Disease Begins in the Colon – Use Friendly Bacteria For Good Health**

**By Jeannie Crabtree**

### **Disease Begins in the Colon – Use Friendly Bacteria For Good Health by Jeannie Crabtree**

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.

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

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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!

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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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