



Dr. Ben's Health Newsletter



Volume 2

Key Focus: Intestinal Health

The benefits of small microorganisms for the promotion of human health have been known for centuries. Wine, bread, cheese and penicillin are just a few examples which require the presence and cooperation of small living organisms for their production. We call these small beneficial microorganisms "microbes." One very special place that friendly microbes play a key role in health is the inside of the human body. Not only helpful, microbes are critical for individuals who want to lead a life of vibrant health.

Beneficial microscopic organisms are found in the human digestive and intestinal tracts. These microbes are "friendly" bacteria and comprise what is called normal flora. They play vital roles in nutrient absorption, immunity, digestion, regulation of inflammation and contribute to the body's overall ability to grow, repair and thrive.

A look back at history reveals that the human diet years ago was rich in friendly bacteria from fermented foods like sauerkraut, yogurt, cheese, wine and from raw vegetables and fruit. In contrast, today's intake of friendly bacteria has diminished greatly. Furthermore, friendly microbes are under constant assault from ingested substances we encounter in daily living – examples include antibiotics, preservatives from prepared/processed foods and soda. Other external factors such as chlorination, pasteurization, antibacterial soaps, pollution and stress also destroy the friendly flora of the gastrointestinal tract.

The result can be poorly functioning normal flora and an increased susceptibility to adverse health conditions. Some research studies have suggested that 70% of women and 40% of men have yeast infections (candida) to some degree as a result of heavy use of antibiotics, cortisone drugs and poor eating habits.

Studies done at one of the largest Veterans Affairs Hospitals in the United States demonstrated the average man or

woman no longer has an adequate population of friendly bacteria in their intestines.

As an answer to this challenge, probiotics are ingested substances that contain specialized and beneficial types of friendly bacteria. They are designed to help reestablish and promote the health of the digestive and intestinal environment.

Since the good microbes grow close together, they are able to coat our digestive tract, adhering "should-to-shoulder" to help prevent bad bacteria (pathogens), allergens, or inflammatory food particles from entering the blood stream. Friendly bacteria work inside us day and night to break down our food and help in the production of vitamins, nutrients and protective substances. Think of probiotics as a way to "seed the grass" of your intestine – helping good bacteria to grow and flourish by providing new seeds. Some probiotics products even contain substances called "prebiotics." These substances act to help selectively feed the good microbes so they can grow strong and function properly.

At the core, a lack of a properly functioning microbial flora in the digestive and intestinal tracts can lead one to be more susceptible to health problems. This lack can be easily addressed with a high-quality probiotic supplement, which helps promote both intestinal and digestive health.

Probiotics are now emerging as mainstream dietary supplements. With more and more research demonstrating their valuable benefits, many health professionals now believe that a quality probiotic supplement is as important to health as a high-quality multivitamin. Probiotics are on formulary at many prestigious medical centers and are gaining significant public awareness. Daily probiotic use is increasing rapidly.

When it comes to selecting a probiotic, it is important to choose one with the appropriate blend of microbial (bacterial) types. Simply having the name "acidophilus" or "probiotic" on a label does not equal high-quality.

(Continued)

Vitality Corner

March is National Nutrition Month®

National Nutrition Month®
March 2008



American Dietetic Association
www.eatright.org

New information about food and diet appears every day. "Secret" calories in soft drinks, a friend's personal endorsement of a trendy diet, news reports about conflicting research on red wine... what is true, and how do you separate the truth from the fiction when it comes to nutrition information?

During National Nutrition Month®, the American Dietetic Association urges consumers to look beyond the myths of nutrition, focus on the facts and remember the theme for the month, **Nutrition: It's a Matter of Fact.**

"It may seem difficult to figure out the most healthful eating plan, and there are many nutrition myths that people follow as the truth," says registered dietitian and ADA spokesperson Kerry Neville. "It's important to focus on information that is based on scientific research."

Sifting through complex food and nutrition research can be complicated. A registered dietitian can translate the science and tailor it to advice that fits an individual consumer's needs.

ADA serves the public by promoting optimal nutrition, health and well-being. Practical nutrition guidance, focusing attention on making informed food choices and developing sound physical activity habits are all within reach. **It all starts with a personal commitment to better nutrition.**

Learn more and gain insights to better nutrition at: www.eatright.org. You'll find nutrition information, brochures, tip sheets and other resources to help you support a healthy lifestyle.



"Small changes today, build a lifetime of healthy habits."

Making daily small changes in your meal and snack choices is an easy way to start.

Look for the following features in a probiotic product to ensure quality:

- Make sure it contains strains of bacteria that are on the Federal GRAS (Generally Recognized As Safe) list and have been extensively researched.
- Has been studied for safety – with toxicological studies.
- The microbes remain stable and viable when exposed to oxygen, moisture, and heat because they have been appropriately prepared and nitrogen packed.
- The microbes have the ability to survive in the intestine (should adhere to the intestinal wall, proliferate and are acid-resistant).
- Provides a reliable number of live organisms.
- Is nondairy.
- Is fortified with the prebiotic fucitoligosaccharides (FOS).

Many times, we hear the phrase, **“Balance is key.”** This couldn't be more true for the intestinal and digestive tracts of the body. It is when the balance of good to bad bacteria is disrupted that potential problems can arise. However, this does not mean we want to eliminate the “bad” bacteria. Instead, we must have proper balance and ratios of good to bad bacteria in the intestines. **All bacteria, good and bad, are important. It is the balance and distribution of these bacteria that impact whether health promoting or hindering events will occur.**

With a finely tuned balance of healthy microorganisms, the intestinal tract can play a tremendous role toward promoting health of the human body through proper immunity, digestion, nutrient absorption, regularity and even impacting the inflammatory state of the body in a beneficial way.

Our health depends on many factors, but a healthy **“normal flora”** working together in balanced synergy can be a significant step in the right direction.

Yours in abundant health,
Benjamin J. Baechler, MD

Reasons to Take a Probiotic

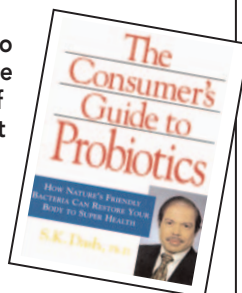
- **Diarrhea** – Helps the body combat and eliminate diarrhea.*
- **Antibiotics** – Addresses antibiotic drug side effects and complication from nausea, constipation, diarrhea and candidiasis or yeast infections.*
- **Occasional GI Distress and Indigestion** – Lactobacilli are able to produce digestive enzymes that can effectively break down troublesome foods. Beneficial bacteria also stimulate peristalsis, helping move food along the digestive tract more efficiently.*
- **Weight Management** – Helps nutrients get properly absorbed, helps the body feel satisfied and helps to minimize additional food cravings.*
- **Lactose Intolerance** – Lactobacillus acidophilus produces lactase enzymes that help digest milk sugar. It also helps address bad breath, bloating, gas and cramps associated with lactose intolerance.*
- **Issues with Aging** – Promotes healthy aging by supporting nutrient uptake.*

This article is intended for educational purposes and is not intended as medical advice, or as a treatment or diagnosis of any diseases. Before starting any dietary supplement, or when seeking advice on medical decision making, please consult a qualified personal health care provider. Research statistics and data on file at Eniva Corp. Dr. Baechler is Chief Medical Officer, Vice Chair and co-owner of Eniva Corporation.

Helpful Resource

“A Consumer's Guide to Probiotics,” is a valuable resource, written by one of the world's foremost experts on probiotics, Dr. S. K. Dash. It is a must read for all individuals who want to take control of their health.

Dr. Dash's attention to the scientific literature supporting the use of probiotics is excellent and the material is presented in an easy to understand format.



This resource is highly recommended for all individuals who want to **learn more about probiotics** and how to select and use this valuable, natural health source for vibrant living.

“A Consumer's Guide to Probiotics” ID#4310

This publication is recommended only for education purposes; Eniva assumes no responsibility or liability for the accuracy or compliance of the information in the book.

At a Glance

Healthy Food Selection TIPS

- **Substitute SPINACH for iceberg lettuce.** Iceberg lettuce has almost no nutritional value, while spinach is high in nutrients like vitamin C!
- **If you don't like vegetables by themselves, but like Mexican salsa, chop and MINCE VEGETABLES like broccoli and carrots into small pieces and add to salsa – you won't even know they are there!**
- **Individuals who have trouble with BLOATING and GAS as they age may have developed lactose intolerance. Try cutting dairy out (milk, yogurt, cheese, ice cream) for a couple of days and see if it makes a difference. Read food labels, and you will be surprised to find out how many have dairy components (even some peanut butters)!**

OPTIMIZE the Health of Your DIGESTIVE TRACT



Probiotic+™ & Probiotic+™ Junior

Promote Healthy Digestion and Nutrient Absorption

Supplementation with probiotics has been demonstrated to enhance the presence of friendly bacteria in the intestine, leading to greater populations of beneficial bacteria.

■ **Probiotic+™** is a dietary probiotic designed to promote the balance of normal flora and to optimize the health of your digestive tract.*

- Contains the prebiotic Fructooligosaccharide (FOS)
- Provides 14 billion CFUs per daily serving

■ **Probiotic+ Junior** helps support intestinal health for children* – a factor often overlooked for young people with poor diets. This formula is a **powder base, easy to sprinkle on food or in juice.**

- NO fillers, binders, wheat, egg, yeast, corn, soy, sugar, artificial flavors or preservatives

Probiotic +™ ID# 12002
2 capsules per serving – 14 billion CFUs
110 vegan capsules

Probiotic +™ Junior ID# 12003
1/4 teaspoon per serving: 30 grams

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.