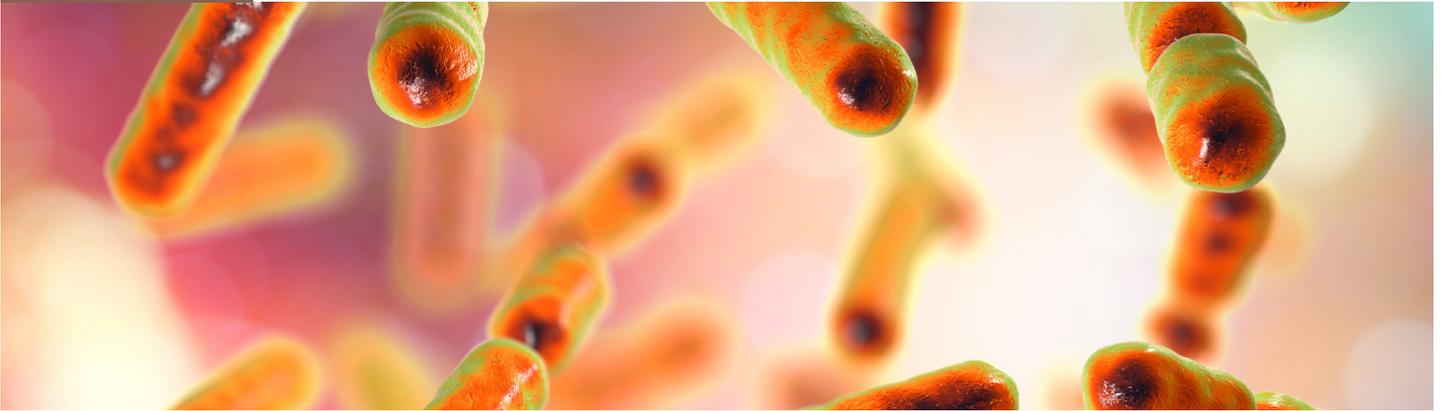


# GUT HEALTH



## The Core of Your Wellness

Hippocrates stated that all disease begins in the gut. Modern medicine is beginning to understand and accept the concept of immune function and gastrointestinal health being interdependent. When diet and environmental stress overload the digestive system, we can end up with something called leaky gut syndrome. When the gut becomes "leaky," bacteria, viruses, fungi, parasites and their toxins, undigested foods, nerve and connective tissue, fat, and waste normally not absorbed into the bloodstream in the gut's healthy state pass through the damaged, hyperpermeable, leaky gut. This situation then creates overstimulation of the immune system and what is commonly referred to as autoimmune disease.

**Gut Restorative PRP** is an all-natural supplement comprised of bovine colostrum for supporting a healthy immune system. Supplementing with **Gut Restorative PRP** has been shown to bolster the lining of the gastrointestinal tract and fight inflammation, thus actually healing the gut.

Once a leaky gut has been restored, probiotics can be helpful in restoring the gut flora. There are approximately 500 different strains of these bacteria. Lactobacillus bacteria are the primary bacterial strain living in our small intestine, while the bifidobacterium are the main bacteria in residence in our large intestine. Probiotics and bacteria are an essential part of our immune system and work to increase the production of immune cells in the intestinal tract. It has been estimated that 70 percent of our immune system and immune function lies within the gut. So after minimizing the damage to the gut wall, repopulation of the normal gut flora is essential.

With so many probiotic formulas in the market, how does one choose the right product? We normally look at the strength of the probiotic, listed as colony forming units (CFUs), and the number of bacterial species featured in the product.

**Probiotic Daily Support** with 5 billion CFUs is a good daily supplement for anyone with an existing healthy gut flora or for children. Individuals with a compromised gut flora, or individuals who are having gut issues and would be benefited by re-establishing gut flora, should consider **Probiotic Mega Blend DF** with 15 billion CFUs, or **Extra Strength Probiotic** with 35 billion CFUs, or finally, **Probiotic Extra Strength DF** with 52 billion CFUs per capsule. Keep in mind also that Fructooligosaccharide Powder, or **FOS Powder**, when given with any probiotic, will significantly enhance the growth and proliferation of beneficial gut bacteria.

With gut health being so critical to our overall immune function, addressing issues of gut permeability (leaky gut) and the proliferation of our healthy gut flora should be a major concern for the maintenance of overall health.



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