



Health Depends on Flora

It is now admitted by all microbiologists that the health of every person depends upon the kind of flora dominating the intestines. Most of us have not retained the natural *Acidophilus Bacillus* of childhood. This experience has been gained from the analysis of thousands of specimens. Unnatural eating habits affect the acidophilus germs and are replaced by toxic microbes. The poisons these germs generate would soon produce old age and death if permitted to enter the bloodstream. Years may elapse before these people become aware of the damage these germs are doing. This is due to the fact that the blood stream and vital organs are protected by nature's second line of defense-- the mucus membrane of the intestines.

If the skin of our bodies is a natural armor against all forms of poison from which we are constantly bombarded, the same way the mucus membrane of the inner covering of the bowels protects us from poisons generated by enemy germs in the intestines. But the strongest defenses collapse under prolonged virulent poisons produced by the bad bacteria. The inflamed membranes break down and the toxins leak through and pollute the bloodstream.

To keep this inner membrane protected from the harmful toxins which eventually overrun the healthy flora, it might be wise to supplement your diet with therapeutic products, commonly known as **Probiotics**. "Pro" means *for*. "Biotic" means *life*. So a Probiotic product is *for life*. These specially stabilized, friendly bacteria work primarily in the large intestine, but are present in the rest of the digestive tract as well. There can be non-pathogenic, including hundreds of bad guys like *E. Coli* and *Salmonella*. Logically speaking, the good ones compete against the bad ones, or at least make it harder for bacteria and yeasts to get started.

Probiotics also help to clean out the intestinal tract of putrefactive waste from food, especially the stuff that is harder to break down such as red meat. These masses of waste and bacterial can eventually form pockets that can seal off and create gas, pain and distension in the bowel.

Several varieties of beneficial bacteria to use as supplement to your diet:

- | | |
|----------------|-----------------|
| L. Acidophilus | B. Bifidum |
| L. Salivarius | L. Plantarum |
| B. Infantis | L. Bulgaricus |
| L. Casei | S. Thermophilus |
| S. Faecium | |