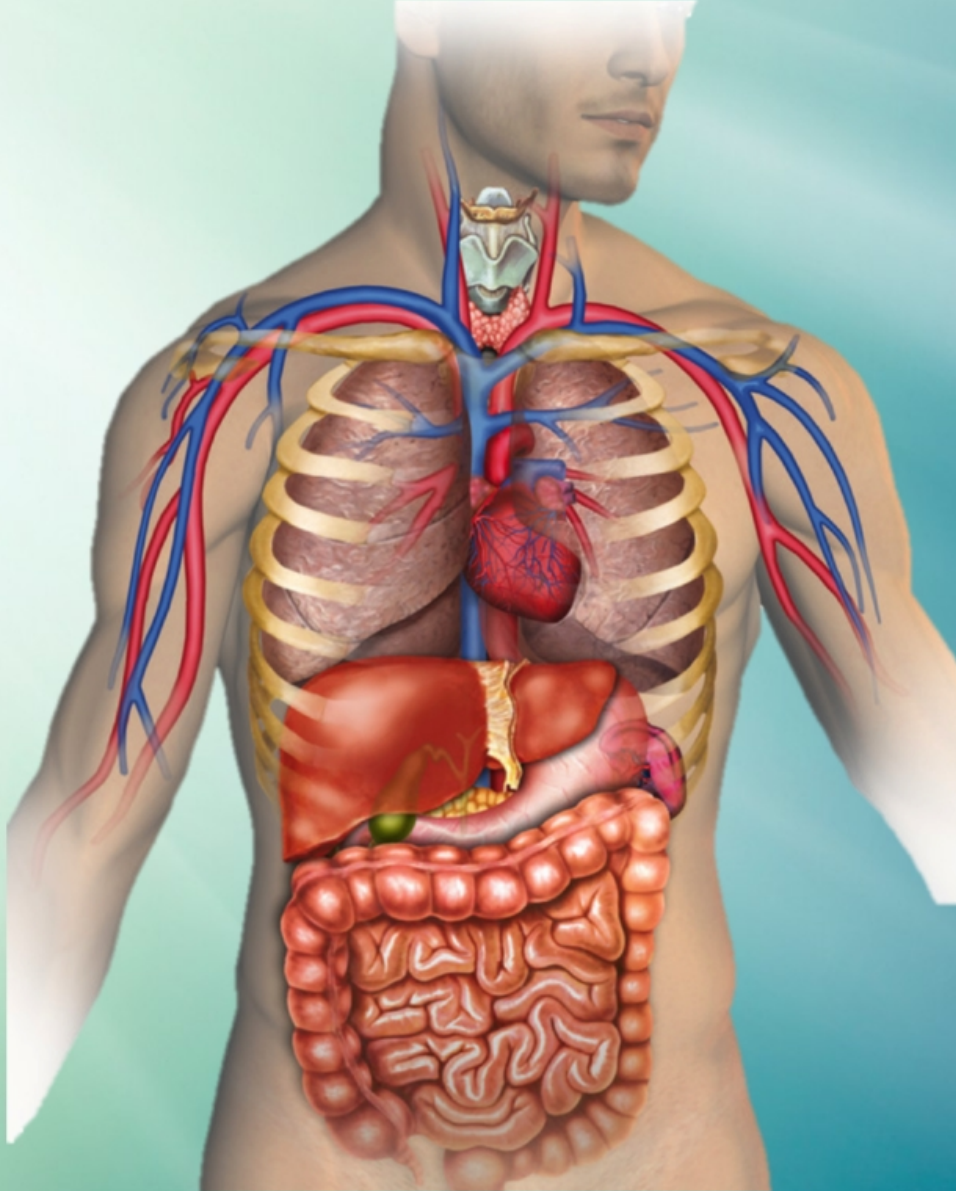


PROBIOTICS SUPPLEMENTS



By MARTIN FRENCH

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THANK YOU FOR YOUR INTEREST IN
PROBIOTICS SUPPLEMENTS

INTRODUCTION

We've all heard of probiotics but what exactly are they? We've seen television commercials and read articles that tell us that we should take probiotics; but why should we take them? How can they benefit us? The purpose of this book is to demystify probiotics and answer common questions about probiotics.

After reading this book you will know the common benefits that you can obtain from taking probiotics. You will also be able to identify several different foods that will allow you to naturally incorporate probiotics into your diet. This book will also show you why probiotics are right for your lifestyle and help you learn how best to take them.

Information is power! From this book, you will learn enough about probiotics that you will be empowered and able to take your health into your own hands. You will be able to take proactive steps towards healing your mind and your body.

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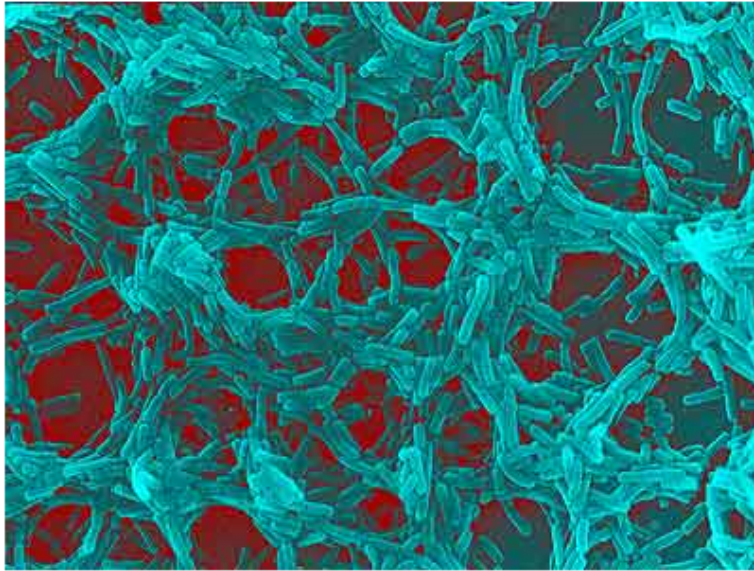
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CHAPTER 1

WHAT ARE PROBIOTICS?



A color-enhanced photo released by the Rowett Research Institute in Scotland shows Lactobacillus bacteria - or "friendly bacteria" - observed in a scanning electron microscope. (AP Photo / Rowett Research Institute)

Probiotics are living micro-organisms, usually bacteria or yeasts that scientists believe are beneficial to your health. The term "probiotic" can be translated as "for life" and they are classified by scientists as microbiota.

The idea of ingesting living micro-organisms may sound a bit scary, but our bodies already contain many helpful micro-organisms and supplementing them with probiotics can help us to relieve many health problems. The micro-organisms found in

probiotics are very similar to, and often the same as, the beneficial micro-organisms that already reside in our bodies and digestive tracks.

There are many types of bacteria that are considered to be probiotics. The different species and strains can have different benefits within the body. Some probiotics can help to build up our immune systems, prevent infections, and destroy toxins that are created from harmful bacteria. You can think of probiotics as reinforcements for the army of helpful bacteria that you already have. These helpful bacteria fight off the effects of harmful bacteria; so who wouldn't want more of them?

When most people think about probiotics, they usually think about improving their digestive health. Probiotics are often used to treat digestive diseases such as irritable bowels syndrome, inflammatory bowel disease, infectious diarrhea, and traveler's diarrhea. Probiotics can help to relieve the symptoms from these diseases by relieving bloating from gas, regulating bowel movements and reducing intestinal inflammation.

Scientists are also studying other health benefits thought to be brought about through the use of probiotics. Some of these benefits include the treatment of some skin conditions, like eczema, healthy mouth maintenance, weight loss, allergy prevention, and urinary tract health.

Probiotics are an effective and safe way to treat many common ailments. Because there are many different kinds of probiotics that are used to treat many different conditions, it is important that you always

read the labels and packaging carefully to ensure that you are taking the correct kind. If taken properly, probiotics will allow you to live a healthier, happier life!

CHAPTER 2

WHERE CAN YOU FIND PROBIOTICS?



Probiotics can be found in many everyday foods as well as in supplements. Some of the foods in which probiotics can be found include yogurt, sauerkraut and miso soup.

Yogurt is the source that we normally think of when we think of probiotics. There are many brands of yogurt that contain good bacteria such as lactobacillus or bifidobacteria. These live cultures can help with many digestive problems like gas, diarrhea, and bloating. The most important thing to remember when choosing a yogurt is to ensure that the label states that it contains “live” cultures.

Sauerkraut is another common source of probiotics. It is made from fermented cabbage and contains many live cultures that can help to reduce allergy

symptoms. Miso soup is a Japanese soup that is often used to regulate the digestive system. It can be made from fermented soy beans, rice, barley, or rye. It is also full of antioxidants that can help ward off infections.

Other foods that contain probiotics include some soft cheeses, sourdough bread, and Kefir. Soft cheeses like Gouda can contain lactobacillus strains while other soft cheese can be carriers for other probiotics. These can be very helpful in boosting the immune system. Sourdough bread contains lactobacilli, a probiotic that can aid in digestion.

If you are looking for a food that contains a larger amount of probiotics, you should explore the benefits of kefir. Kefir is a probiotic filled drink that is made from fermented milk. The fermentation process produces a yogurt like beverage that can contain both probiotic bacteria and yeasts.

In actuality, most foods that are made with some kind of fermentation will contain probiotics. This can include pickles, kimchi, tempeh, kombucha, microalgae, and even poi. The most important thing to remember is that these foods must contain live, active cultures in order to be beneficial.

Probiotic filled foods are easy to find and readily available but if you want to be sure that you are ingesting the correct amount and type for your specific needs, you should look into taking probiotic supplements. Probiotic supplements are an easy and efficient way to ensure that you are getting everything that your body needs.

CHAPTER 3

WHAT ARE THE BENEFITS OF TAKING PROBIOTICS?



There are many benefits that come from incorporating probiotics into your diet. When we think of probiotics, we often think solely of gastrological health, but there are many other areas where probiotics can help us.

Probiotics can clear acne, improve our moods, boost

our immune systems, and provide us with more energy. They have even been shown to assist with weight loss! When we take probiotics, we are improving our overall health and allowing ourselves to live happier, fuller lives.

As mentioned before, most people-often think of using probiotics to treat stomach problems. Studies have shown that the probiotic, Lactobacillus GG, can relieve diarrhea and help to control irritable bowel syndrome. These special bacteria can also help to treat Crohn's disease.

Another huge benefit that can be derived from taking probiotics, for women at least, is that they have been proven to alleviate yeast infections, bacterial vaginitis, and urinary tract infections. Many young women suffer regularly from urinary tract infections. The antibiotics that are often prescribed very often lead to yeast infections. This amounts to trading one infection for another. Doctor's advice to eat more yogurt to combat these infections is often met with skepticism. How could adding more bacteria to one's system make it *better*? Taking antibiotics regularly will not only destroy the "bad" bacteria, but will also destroy the "good" bacteria that help us to fight off infections. Doctors have concluded that the probiotics found in yogurt would help balance and restore the micro flora that is naturally present.

Recent clinical studies have shown that probiotics may also help to clear up acne, rosacea, eczema, and other skin problems. Dermatologists are beginning to treat patients with a combination of probiotics and prescription medications. Probiotics can be either

applied directly to the skin or taken orally in these cases. The American Dermatological Society is still conducting research on these uses but the preliminary results are very promising and several cosmetics manufacturers have begun adding probiotics to skin creams, masks and cleansers.

As human beings, all of our systems are linked. If something goes wrong in one of our systems (digestive, circulatory, endocrine, etc.) it can greatly affect the rest of our body. This is true for our brains as well. If there is something off balance in our digestive system, it can greatly affect our thought processes and our moods. For this reason, research has been conducted to learn if probiotics can influence depression. Clinical studies have shown that taking probiotics can help alleviate anxiety, depression, and other mental disorders.

Recently, researchers have also begun to test the effects of probiotics on weight loss. These studies have shown that weight loss can be significantly increased for those who take probiotic supplements along with a healthy diet and exercise.

Taking supplements, as opposed to obtaining probiotics from food, is much more beneficial if your goal is weight loss. This is because there are no calories at all in the supplements and many probiotic rich foods can be loaded with calories.

CHAPTER 4

WHAT IS THE BEST WAY TO TAKE PROBIOTICS?



We have learned that probiotics can be found in fermented food and can also be taken as a supplement. So, what is the best way to take them?

According to research, there is little difference between taking probiotics in supplement form, or obtaining them from food sources. The benefit of taking probiotics in supplement form beyond calorie reduction, is the ease of use. It is often very difficult to incorporate probiotics rich foods into our diets and doing so on a daily basis can be even more challenging. Supplements provide ease of ingestion and the ability to very simply incorporate one pill into your daily regimen.

Some fermented foods can contain greater numbers of probiotics but unless you have them tested it can be difficult to determine how much more. Food allergies can also limit your options when it comes to eating fermented foods, but will not affect you if you take a supplement. There are pros and cons to both methods and you are the only one who can determine what is best for you. However, as mentioned in the previous chapter, if you are planning to take probiotics for weight loss it is in your best interest to take them in supplement form. This is simply because there are no calories in the supplements.

If you decide to take probiotics as a supplement, when is the best time to take them? Should they be taken with meals, on an empty stomach, before bed, or when you first wake up in the morning?

Current research has shown that the best time to take probiotics is either with meals, or up to thirty minutes before meals. There are some studies that have shown that it is best to take probiotics before bed because your digestive system is less active and lower in acidity. Most supplements, however, are

developed to survive the higher gastric acidity that is often present during mealtimes. When you take probiotics, it is beneficial to drink plenty of water and never take it with a hot beverage, like coffee. Try to take them at the same time every day. It is also important that you do not take them at the same time as antibiotics or antifungal medications because these may interfere with the live cultures found in the supplement.

Regardless of whether you choose to take probiotic supplements or to ingest probiotics in your food, it's important that you continue to take them daily to obtain the maximum benefits.

CHAPTER 5

CONCLUSION

Probiotics offer a great number of benefits that can impact your health for the better. Now, that you have a better understanding of exactly what these benefits are, as well as how you can incorporate probiotics into your daily diet, you are on your way to a more healthy life.



THANK YOU FOR YOUR INTEREST IN PROBIOTICS SUPPLEMENTS

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Thank you!
To your Health,
Martin French