The Battle Of The Bugs!

Welcome to this edition of Health Focus. Following on from our last issue on Leaky Gut Syndrome we are going to look at the inhabitants of your intestinal tract and find out whether they are in fact keeping you healthy, or making you sick.

The Amazing World Within

In your gastrointestinal tract there are approximately 400 species of bacteria and several species of yeast. Many of these organisms play important roles in the optimal function of your digestive and immune systems. There are actually more bacteria inhabiting your gastrointestinal tract than there are cells in your body! These bacteria outnumber your cells by 10 to 1. Under ideal circumstances, you happily coexist with your bacterial inhabitants, and actually benefit tremendously from their presence. In states of good health, your immune system expands a great deal of energy in selectively farming beneficial bacteria while making life difficult for harmful bacteria, yeast and parasites.

The Amazing War Within

The harmful organisms dramatically modify the function of your immune system. For example, intestinal parasites have been shown to ‘turn on’ and ‘tune up’ the allergy responsiveness of your immune system. These harmful organisms also have the potential to significantly influence your body functions by secreting numerous chemicals that are toxic to other beneficial bacteria as well as producing molecules that are toxic to your intestinal wall, liver, immune system, muscles and brain.

Your body works hard in its efforts to suppress the growth of these harmful organisms. Your stomach produces hydrochloric acid, your respiratory system mucous, your liver bile, your pancreas digestive enzymes and your immune system large quantities of antibodies. These all help you with the important job of keeping these unfriendly organisms under control.

Your digestive and immune systems are marvellously adapted to support the growth of your beneficial bacteria. If you have enough of these beneficial bacteria species in your intestinal tract they will lead the charge to suppress and destroy any harmful bacteria before they do damage to you.

How Do I Know If I Have Low Levels Of Beneficial Bacteria?

There are many disease states and illnesses that can be caused by an overgrowth of harmful organisms. This list focuses on some of the more common signs and symptoms you may suffer from if you have low levels of beneficial bacteria.
Signs And Symptoms Associated With Low Levels Of Beneficial Bacteria

- Abdominal Pain
- Bloating
- Gas/Flatulence
- Constipation
- Diarrhoea
- Constipation
- Gas/Flatulence
- Irritable Bowel Syndrome
- Crohn’s Disease
- Joint Pain
- Fatigue
- Brain Fog
- ADD/ADHD
- Stomach Ulcers
- Urinary Tract Infections
- Lactose Intolerance
- Sinus
- Arthritis
- Chronic Fatigue Syndrome
- Eczema
- Fibromyalgia
- Allergies
- Candida
- Leaky Gut Syndrome
- Recurring Colds & Flu’s
- Thrush

What Is The Importance Of Beneficial Bacteria To Me?

You thrive on intimate relationships. This is not only true on a personal level in your family and social networks, but it is also true on a microscopic level as well. Your beneficial bacteria have an intimate and mutually beneficial relationship with your digestive and immune systems they:

- Aid in the digestion of your food
- Generate important nutrients for you such as vitamins B2, B5, B6, K, biotin, choline, inositol and PABA
- Produce hydrogen peroxide which neutralises your allergy response
- Digest fibre from your diet and turn it into food for your colonocytes cells which make up your intestines
- Lower your cholesterol
- Decrease your inflammation
- Positively stimulate your immune system
- Protect you against cellular damage
- Detoxify cancer causing substances
- Remove heavy metals from your intestines
- Neutralise toxins within your intestines
- Prevent the reproduction of any harmful organisms
- Stimulate healing of your intestines and assist in reversing leaky gut syndrome
- Help prevent diarrhoea and constipation
- Help relieve abdominal pain
- Help relieve flatulence/gas

What Can Destroy My Beneficial Bacteria?

Your beneficial bacteria are very sensitive to negative changes and adverse reactions in your body and as a result die. Below is a list of common causes of your beneficial bacteria’s demise;

- Antibiotics
- Bottle Feeding
- Sugar
- Fast/Take-Away Foods
- Harmful Organisms
- The Birth Control Pill
- Stress
- Excess Alcohol
- Refined Foods
- Ageing
- Excessive Garlic
- Binge Drinking
- White Flour Products
- Nutritional Deficiencies
- A Diet Low In Fibre
- Excessive Chlorine (Component of Salt)
- Long Term Golden Seal Use
- Long Term Grapefruit Seed Extract Use

What Can I Do To Increase My Beneficial Bacteria?

There are many things you can do to increase your beneficial bacteria.

- You can make changes to your lifestyle such as increasing the amount of fruit and vegetables in your diet.
- If you suffer from any of the signs and symptoms listed above you may benefit by taking an anti-bacterial supplement, which is aimed at destroying the harmful bacteria residing in your gastro-intestinal tract. This should be followed with a high strength probiotic and fibre supplement which increases the amount of beneficial bacteria in your digestive system. All of these products are contained in our Beneficial Bacteria Pack available for purchase through our store.

Links

- Contact Us — to make an Appointment.
- Visit our Store — to purchase our Beneficial Bacteria Pack.