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Product Focus Webinar!

Probiotics
Nourishing the Friendly Flora

Steven Horne
St. George, UT



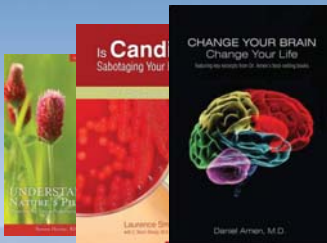
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Probiotics: The Good Guys

A cartoon illustration of a smiling cowboy wearing a brown hat, a red bandana, and a blue vest over a brown shirt. He is pointing upwards with his right hand. The background is a dark blue circle with a white sun or moon behind him.

Are Bacteria Bad?

A cartoon illustration of a scientist in a green lab coat and a white lab cap, carrying a red briefcase. He is standing next to a large, white, irregular shape representing a microorganism, which has several green star-like shapes on its surface.

- In our modern world we tend to view all microorganisms as "bad"
- This isn't an accurate view
- Bacteria and other "germs" can actually be good for us

Good Bacteria

- Bacteria in the soil break down minerals and make the available to plants
- Soil with more microbes is actually healthier
- Beneficial bacteria also created fermented foods like yoghurt

Good Molds and Yeasts

- There are plenty of good yeasts, too
- Yeasts and molds are important for soil health
- Yeasts make bread rise, ferment beer and wine and help produce certain kinds of cheese

Are We Germ Phobic?

- Advertising prompts us to “disinfect everything” to protect our health
- But this can actually be harmful to our health



Did you know...

- ...That children raised in highly sterile homes have more problems with allergies and asthma—Their immune systems are weaker?
- ...That the place with the highest risk for catching an infection is a hospital?

Probiotics

- Our skin and mucus membranes are covered with a mix of friendly microorganisms collectively known as “friendly flora”
- Probiotics are supplements that provide friendly bacteria for maintaining good health

Did you know...

- Dr Weston Price found that the more cooked foods indigenous people consumed, the more cultured foods they ate
- Cultured foods provide enzymes and probiotics

Cultured Foods

- **Cultured dairy**
 - Yoghurt
 - Cheese
 - Keifer
- **Cultured soy (miso, etc.)**
- **Fermented beverages**
- **Pickled Vegetables**
 - Sauerkraut
 - Pickles (cucumbers)
 - KimChi
- **Fermented fish**
- **Sourdough**


Antibiotics and Probiotics

- “Anti” means “against”
- “Biotic” means “life”
- Antibiotics are literally “against life”
- “Pro” means “for”
- Probiotics are “for life”

Factors Which Can Disrupt Friendly Gut Flora

- Antibiotics
- Prescription corticosteroids (e.g. prednisone)
- Prescription hormones (like birth control pills)
- NSAIDS (ASA, ibuprofen, indomethacin, etc.) and aspirin
- Chlorinated water

Our "Roots"



- Our intestines are our "roots," the place where we absorb the water and nutrients we need to live
- Like plants, we depend on bacteria for our "roots" to work properly

About Our Friendly Flora

- 400-500 different strains of bacteria and fungus
- The intestines contain 3-4 pounds of micro-organisms
- Half the weight of our stool is dead bacteria

Benefits of Friendly Flora

- Form a blanket that coats the intestinal tract
- Inhibit other microbes from gaining a "foothold" on intestinal membranes
- Hold down growth of infectious organisms by competing for food
- Produce chemicals that inhibit harmful microbes

More Flora Benefits

- Stimulate the immune system
 - Animal studies showed that *S. thermophilus* and *L. bulgaricus* increased proliferation of lymphocytes, stimulated B lymphocytes and activated macrophages
- Inhibit yeast (Candida)
- Prevent diarrhea when traveling
- Reduce the risk of inflammatory bowel disorders

Still More Flora Benefits

- Help the body digest fats and proteins
- Synthesize certain vitamins the body needs, including B1, B2, B6, B12, folic acid and biotin
- Detoxify certain poisons in the digestive tract (ammonia, cholesterol and excess hormones)
- Help constipation

Even More Benefits

- 70% of the energy requirements of the intestinal mucosa come from fatty acids produced as a by product of bacterial fermentation

Constantly Changing

- The intestinal microflora is a highly adaptable system, as it changes constantly, adapting itself to one's diet and environment
- Could be considered an independent system of the body

Probiotic Supplements

- Acidophilus
- Bifidophilus Flora Force
- L-Reuteri
- Probiotic Eleven

Acidophilus

- Lactobacillus acidophilus is one of the major strains of friendly bacteria
- The most widely used probiotic supplement
- Present in bowel, mouth and vagina

Acidophilus Benefits

- Enhances the digestion of milk sugar (lactose) by producing lactase
- Helps prevent lactose intolerance of dairy foods
- Aids in the digestion of other nutrients.
- Creates lactic acid and other inhibitory substances that suppress undesirable strains of microbes in the intestines

Acidophilus Benefits

- Helps to break down and eliminate cholesterol
- Reduces proliferation of yeasts such as *Candida albicans*

Bifidophilus Flora Force

- *L. acidophilus*
- *Bifidophilus longum*
- *L. casei*
- *L. rhamnosus*
- Prebiotics (fructo-oligo saccharides)

B. Longum Benefits

- Very abundant organism in the large intestine
- Crowds out pathological organisms and yeast
- Clinical studies show it reduces the frequency of gastrointestinal disorders such as diarrhea and nausea during antibiotic use

More B. longum Benefits

- Helps balance pH levels in the intestines, further inhibiting undesirable bacterial growth
- Appear to suppress excess cholesterol production
- Help produce certain B vitamins

L. casei

- A transient bacteria found in the large intestine and mouth
- Found in milk and cheese
- Has effects similar to L. acidophilus

L. rhamnosus

- Found primarily in the small intestine and the vagina
- Helps inhibit bacterial infections
- Prolific growth pattern
- High tolerance to bile salts (one of the digestive secretions that destroys bacteria)

L. rhamnosus Benefits

- May be helpful in reducing gut sensitivity and helping with eczema and food allergies

Probiotic Eleven

- Broad spectrum probiotic with eleven strains of probiotic bacteria
- Contains L. acidophilus, B. longum, L. rhamnosus, and L. casei plus seven other probiotic strains

B. bifidus

- A probiotic organism residing primarily in the mucus membrane lining of the colon and vaginal tract
- Prevents invading pathogenic bacteria from attaching to the intestinal wall
- Enhances mineral assimilation

L. brevis

- A bacteria found in milk, kefir, cheese, and sauerkraut
- Helps produce lactic acid and natural antibacterial agents that inhibit unfriendly strains of microorganisms
- Also helps with the synthesis of vitamins D and K

L. bulgaricus

- A transient, but important, bacteria in the ecology of the intestines
- Used along with Streptococcus thermophilus to create yogurt and is found in both yogurt and cheese.
- Helps digest lactase (milk sugar) to improve tolerance to dairy products.

L. bulgaricus

- Also produces lactic acid to inhibit the growth of harmful microbes

L. plantarum

- A transient bacteria found in dairy products, sauerkraut and pickled vegetables
- Another lactic acid producing strain of bacteria

Streptococcus thermophilus

- The other bacteria in yogurt culture
- Produces lactase to digest milk sugar
- The best strain for helping break down dairy products

B. infantis

- An important strain that helps stimulate the immune system
- Has action against pathological organisms like clostridia, salmonella and shigella

L. salivarius

- Helps normalize the intestinal microflora
- May inhibit H. pylori, the bacteria associated with stomach ulcers

Sunshine Heroes Probiotic Power

- Chewable probiotic tablets for children
- Contains 11 probiotic species
- Also contains whole food concentrate, fruit juice concentrates, micronutrients and prebiotics

Probiotic Power Bacteria

- Lactobacillus rhamnosus
- Bifidobacterium bifidus
- L. acidophilus
- L. brevis
- L. bulgaricus
- L. plantarum
- Streptococcus thermophilus
- B. infantis
- B. longum
- L. casei
- L. salivarius

Using Probiotics

- **Should always be taken after antibiotics**
- **Generally best taken on an empty stomach**
- **Can be used in enemas or douches for yeast infections**

Care and Feeding of Probiotics



- **Friendly flora can be thought of as a little internal “garden” that requires care and feeding**
- **Diet plays a critical role**

Enemies of Probiotics

- Refined sugar
- Refined grains
- Hydrogenated and processed fats and oils
- Heavily cooked meat

Probiotic Food (Prebiotics)

- Fructo-oligosaccharides (FOS)
- Inulin from members of the sunflower family (dandelion, burdock, elecampane, Jerusalem artichokes and chicory root)
- Oligosaccharides are also present in foods such as bananas, onions, leeks, asparagus and whole cereal grains

Who Needs Probiotics?

- People who suffer from yeast infections of any kind, including athlete's foot, jock itch, vaginal yeast infections and nail fungus
- People with weak immune systems, frequent respiratory infections and congestion

Who Needs Probiotics?

- People with food or respiratory allergies
- People suffering from inflammatory bowel disorders, constipation or intestinal infections
- People with skin problems

Who Needs Probiotics?

- People who travel can avoid infections from foreign food and water by taking probiotics with meals
- Probiotics can also be given to children and infants to reduce the risk of infection

Questions & Answers

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The Herbal Hour with Steven Horne: The Marvelously Healthy Male



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