Daily Detoxifying and the Gut Microbiome

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Your Diet Effects Your Microbiome
Intestinal Ecosystem

- 100 trillion microorganisms
- Digests food, metabolizes drugs, detoxifies toxic compounds, produces essential vitamins, prevents pathogenic bacteria from attaching to the wall, modulates intestinal movement, shapes immune system, is a source of neurochemicals!

The Gastro-Intestinal Tract

- The GI tract, from the mouth to the colon, does not only have the task of digestion but also of the elimination of toxins
Nutrient Transfers

• When digestion is completed, nutrients penetrate through the intestinal mucous membranes into the venous capillaries that transport them to the liver
• Various chemicals, toxins, drugs, heavy metals and excess sex hormones are dumped by the liver into the bile

• These substances are transported into the small intestine via bile, and continue through the intestinal tract to exit the body in the stool
• When insufficiently digested, large alimentary molecules and toxic residues remain in the intestines to be excreted with the fecal matter

• Bile plays an important role in the evacuation of toxins from the liver, in the digestion of fat, and in our overall health
• It is crucial to pay attention to proper bile production and secretion
Bowel

• If passage becomes delayed, the food ferments and putrefies
• Beneficial microorganisms of the intestinal microflora may mutate into aggressive microbes which excrete toxins on their own

Dysbiosis

• Microbial imbalance
• Fermentation, putrefaction
• Fungal or yeast overgrowth
• Parasites
• Weakened immune- GALT
• Brain-Gut connection- ENS
GALT

• When the door becomes wide open for toxins to enter the internal humoral environment, immunity becomes impaired, which is one deeper cause for many diseases, especially chronic degenerative diseases

"ENS" - The Second Brain

• Enteric Nervous System is a plexus of 200-600 million neurons in the gut
  • Equal to those in the spinal cord
  • Regulate gut function and reflexes

Intimately Linked

• Microbial Imbalance
• Impaired Glucose Metabolism
• Rampant Oxidation
• Toxicity
The Effects of Poor Food Choices

Healthy Bacteria = Good Health

Unhealthy Bacteria = Bad Health

Bacteria play a key role in the health of the body, leading to systemic inflammation.

1. Teams took gut microbes from 4 sets of human twins in which one was obese and the other lean.
2. They introduced the microbes of each twin into different groups of mice that had been raised in a previously germ-free environment.
3. They then observed weight and metabolic changes in the mice corresponded to the human.
4. Obese humans' microbiome resulted in obese mice when fed the same diet.

• Your Microbiome Effects How You Look And Feel
• Changing Your Diet Can Change Your Microbiome And Change How You Look And Feel

Bacteroidetes Firmicutes
Correlation between body weight and gut microbial ecology in humans

Obese – More Firmicutes
Lean – More Bacteroidetes

Some Gut Bacteria Produce Toxins (Endotoxins)

Endotoxins travel from our gut to all parts of our body
Metabolic Endotoxemia Initiates Obesity and Insulin Resistance

Recent evidence suggests that the gut microbiota is associated with inflammation, obesity, and type 2 diabetes.

Probiotics and antibiotics have been shown to have protective effects against obesity and diabetes.

Berberine has been shown to have antimicrobial activity against several microbes which may be one of its glucose lowering and antidiabetic mechanisms.

Our gut is a war zone!
What can we do?
Targeted Nutritional Therapeutics

- Dietary changes
- Introduce Probiotics
- Tame the Microbiome

Change your diet,
Change your gut microbiome

After a two year visit to the United States, Michelangelo's David is returned to Italy...
Western-Style Diet and Endotoxemia

Placing healthy subjects on a Western-style diet for 1 month:
Induced a 71% increase in plasma levels of endotoxin activity (endotoxemia)
Whereas a prudent-style diet reduced levels by 31%.

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Probiotics

Food Sources of Probiotics

1. Kefir
2. Sauerkraut
3. Kombucha
4. Miso
5. Yogurt
6. Coconut Kefir
7. Miso
MARKET TREND:
Probiotics are WHITE HOT!!!

•½ dietary supplement category’s gains in 2014 were a direct result of probiotic supplements, growing a whopping 24%
•The best-selling stand alone dietary supplements were probiotic supplements with sales worth US $1.5 billion
•Probiotics cited as a critical supplement to aid not only in digestion, but also immune system health, attract consumer interest for their very natural appeal.
•More aware consumers view probiotics as critical.

NutriBiome™ Family

• Helps nourish and strengthen the gut microbiome and its resident microflora
• Both daily use and targeted support
New! NutriBiome™
Bacillus Coagulans

- Targeted Probiotic (3 Billion per serving)
- May provide relief from occasional digestive upset like diarrhea, gas and bloating
- Helps support the immune system
- Shelf-stable, requiring no refrigeration
- Contains prebiotic fibre

NutriBiome™ Bacillus Coagulans

Bacillus coagulans is a naturally heat-stable strain of friendly probiotic that can more readily withstand the stomach’s acidic environment to better provide targeted support to the intestine and maintain balance in the gut microbiome.
New! Detox Basics™

• Daily Detoxifying Program (30 day)
• Supports gut health and microbiome balance
• Supports liver health and detoxification
• Contains powerful antioxidants

Detox Basics™

Detox Basics™ Daily Detoxifying Program provides your body with the nutrients it needs to help neutralize, prepare and convert toxins for transport and elimination on a daily basis.

Detox Basics

• Berberine IR – Indian Barberry Root 1000 mg
• NAC – 355 mg
• Bacillus Coagulins – 1 billion CFUs
• Inulin (prebiotic fibre)
• Dandelion
• Turmeric
• Milk Thistle
• Vitamins A and C
• Choline and Inositol
Berberine IR

**Indian Barberry:**
- Widely used for gallbladder disease
- Inhibits the growth of bacteria
- Effective for diarrhea
- Antioxidant properties
- Anti-inflammatory properties
- Anti-parasitic
- Reduces Candida albicans' yeast overgrowth

N-Acetyl-Cysteine

- In studies, NAC was able to reduce and remove arsenic from organs
- Enhanced mobilization of toxicants from tissue storage site and can increase the rate of elimination from the body

Bacillus Coagulans

- 3 Billion CFU's to support the immune system and liver health
- Contains prebiotic fibre
- Supports gut health and microbiome balance
- Contains powerful antioxidants to help neutralize, prepare and convert toxins for transport and elimination
Inulin – Prebiotic Fibre

• Water soluble, prebiotic fibre

Detoxifying Plants

• Dandelion Root - supports the kidneys and gallbladder
• Milk Thistle – studies show protect liver from toxins, helps liver repair itself by growing new cells, recommended to patients with chronic liver disease

Turmeric

• Enhances liver, kidney and endothelial function
• Boosts levels of primary antioxidants while suppressing pro-inflammatory cytokines generated by fatty tissue
• Supports the gut
• Anti-bacterial, anti-viral
University of Wisconsin Detox

People do not decide their futures, they decide their habits and their habits decide their futures.

Transformation Means...

How Good Do You Want to Feel?
Fact Sheets are available as well as Product Postcards for each of the products. They can be found under Resources – Products.
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