
In This Issue

Have you ever...

- ...taken antibiotics, birth control pills, corticosteroids, non-steroidal anti-inflammatories (NSAIDs) or aspirin?
- ...consumed a high carbohydrate diet, or used alcohol or caffeine regularly?
- ...suffered from any type of inflammatory bowel disorder?
- ...had a yeast or fungal infection?

If so, you may have problems with intestinal inflammation and leaky gut syndrome. Learn more inside.

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Finally, the amino acid glutamine is a major nutrient that intestinal cells need for maintenance and repair. It reinforces this first line of the immune system. There is considerable evidence that taking **L-Glutamine** can aid the gut in its role of protecting against viral, bacterial, and food antigen invaders.

Step 7. Repopulate the Colon with Friendly Bacteria (Probiotics)

The friendly flora that inhabit the digestive tract are also known as probiotics, because they have a beneficial effect on health. For starters, probiotics protect intestines from infection by harmful bacteria and yeast. They also assist with the break-

down of food and provide nutrients to the intestinal membranes. Finally, they help neutralize toxins in the digestive tract.

One way to repopulate the colon with friendly bacteria is to eat fermented foods with live cultures, such as yoghurt or raw sauerkraut. Another way is to take probiotic supplements like **Acidophilus** or **Bifidophilus Flora Force**. After taking a round of antibiotics, **L. Reuteri** can be especially helpful in knocking down yeast to prepare the way for other beneficial bacteria.

People are often amazed at how many health problems disappear (and how much better their overall health and energy is) when they heal their intestinal tract by reducing inflammation and putting a halt to gut leakage. For more information and advice, consult the person who gave you this newsletter. They can provide you with additional information.